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OCTOBER 2015

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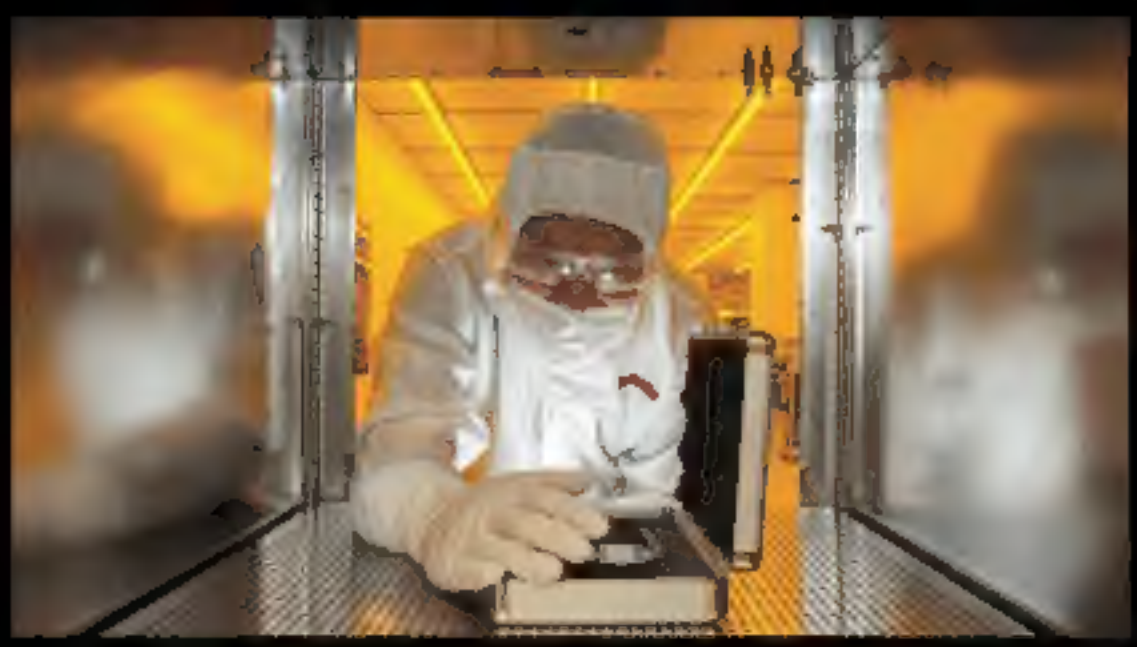
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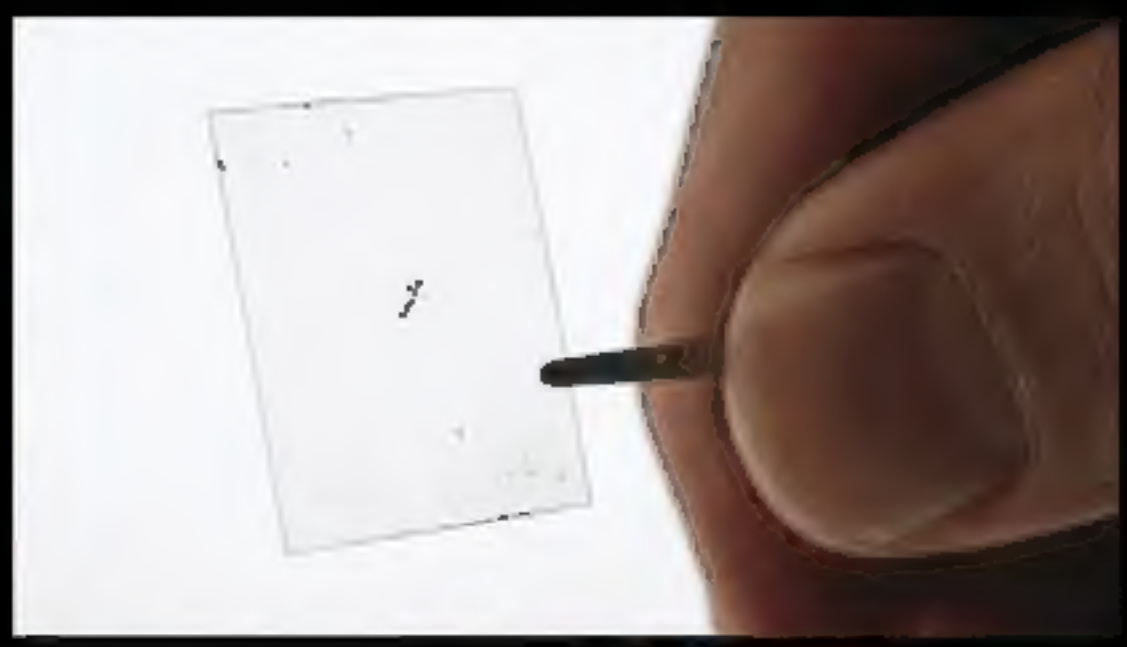
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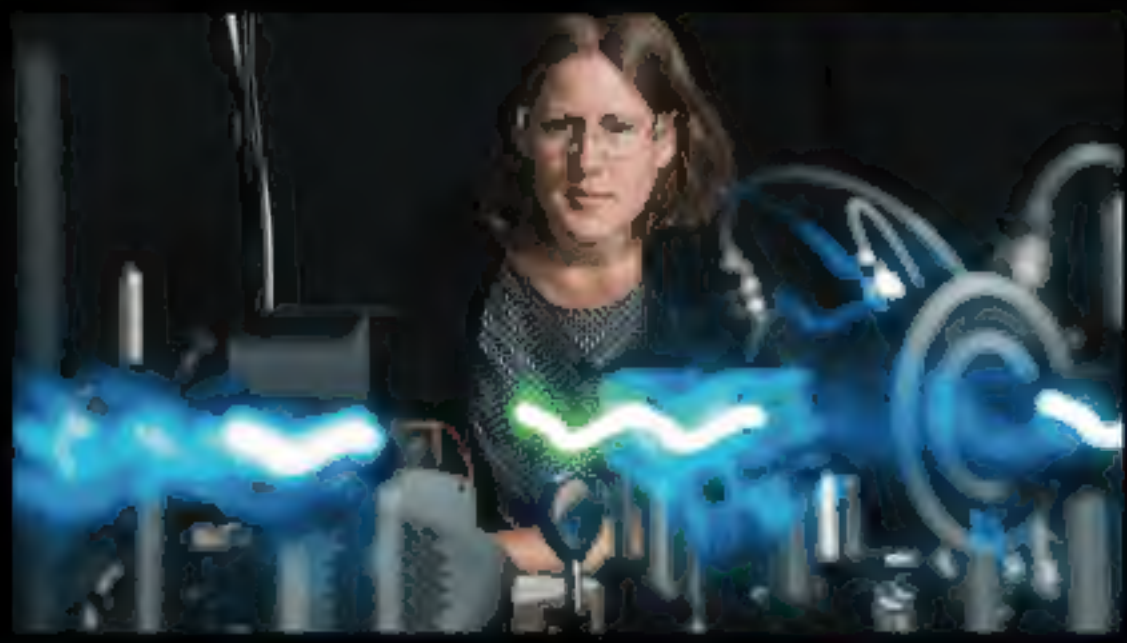
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JESSICA SAMPLE

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This year, Delta will be celebrating its 11th anniversary of the employee survivor flight, which kicks off the airline's Breast Cancer Awareness month and continues the tradition of building awareness and raising funds for the Breast Cancer Research Foundation.

We hope a cure for breast cancer will be discovered in our lifetime and we can help—one pink lemonade at a time.

Join us in helping to find a cure for breast cancer by going to DELTA.COM/BCRF for more information on how to donate today.

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WELCOME

CARRYING US CLOSER TO A CURE

This month, Delta celebrates breast cancer fighters and survivors

Photos from the 2014 "Breast Cancer One" employee survivor flight on Delta's pink plane.

Richard Anderson, CEO of Delta Air Lines

FUNDAMENTAL TO DELTA'S VALUES is a strong, historic commitment to caring for our employees, customers and the communities where we live, work and serve. Part of that commitment is our long-standing support of the Breast Cancer Research Foundation, which we highlight and celebrate each October.

This year, Delta's annual "Breast Cancer One" employee survivor flight celebrated its 11th year with its first-ever international route, flying from New York City to Mexico City, kicking off our companywide breast cancer awareness campaign in partnership with BCRF. On October 1, Delta's iconic pink plane, which features an updated livery this year, carried more than 100 Delta employees and customers—women and men—who are breast cancer survivors or currently fighting the disease.

As Delta continues to focus on expansion in Latin America and the Caribbean, we are proud to showcase our commitment to a cure on a global scale. In addition to the survivor flight's international route to Mexico, we also invited colleagues from our partner airline Aeromexico on board, showcasing the international scope of the fight against breast cancer.

Having these new friends and supporters on board was a good reminder that no one fights alone. Breast cancer affects not only the victims, but also the loved ones who provide tremendous support and a shoulder to lean on throughout their journey. For the second year in a row, customers also joined in the fight by participating in our "Unsung Hero" social media contest and SkyMiles Experiences online auction for the chance to be a part of this special day, with

5 THINGS TO KNOW ABOUT DELTA THIS MONTH

1. When Delta employees finish working on homes in Seattle, LA, Minneapolis, Atlanta, Detroit and NYC this month, the total number of houses built through the airline's partnership with Habitat for Humanity will reach 221. Way to go!
2. Thousands will hit the streets during AIDS Walk Los Angeles (October 11) and AIDS Walk Atlanta & 5K Run (October 18) to raise funds for prevention, care and advocacy programs. Delta is a proud sponsor of both events.
3. Delta Airlines is excited to be part of celebrating diversity and the LGBT community at the 45th Atlanta Pride festival, October 11-12. Don't miss the parade, which kicks off at 1 p.m. that Sunday.
4. Spend your weekend brunching with New York Yankees, tasting wines with master sommelier Andrea Robinson and enjoying other events in the LOCAL program at the New York City Wine & Food Festival (October 15-18).
5. Delta has reached an agreement for an extension of its partnership with the Seattle Seahawks. Under the terms of the new multiyear agreement Delta will continue to be the Official Airline of the Seattle Seahawks.

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all of the winning miles going directly to BCRF.

Delta employees across the globe are united in their passion and support for BCRF. To date, Delta employees, customers and their friends and families have raised more than $9 million for BCRF in the pursuit of eradicating breast cancer.

Throughout the month of October, you will find our employees donning pink uniforms and raising funds for BCRF. Employees raise awareness and donations, in Sky Clubs® and on board, through sales of Minute Maid pink lemonade and select pink items. Our support is truly a collective effort, as our more than 80,000 employees unite to raise funds for breast cancer research and generate awareness for the cause.

Since we began our efforts, Delta employees and customers have raised funds to support 37 research projects, and Delta-donated funds support five BCRF researchers worldwide. But we are not done yet: We are proud of our long-standing partnership with BCRF, and with the help of our employees and customers, our hope is that we can continue to all work together toward finding a cure and creating a better tomorrow.

Sincerely,

Richard

Richard Anderson
Chief Executive Officer
Delta Air Lines

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BIENVENIDO

ACERCÁNDONOS MÁS HACIA UNA CURA

Este mes *Delta* celebra con quienes luchan y sobreviven al cáncer de seno

UNO DE LOS VALORES FUNDAMENTALES DE *DELTA* es el compromiso que tenemos con el cuidado y bienestar de nuestros empleados, los clientes y las comunidades donde vivimos, trabajamos y servimos. Parte de ese compromiso es el apoyo continuo a la Fundación para la Investigación de Cáncer de Seno (*BCRF*, por sus siglas en ingles) la cual resaltamos y celebramos en el mes de octubre.

Este año, el vuelo anual de empleados sobrevivientes del cancer "Breast Cancer One", celebró el 11º aniversario volando por primera vez una ruta internacional entre Nueva York y la Ciudad de México iniciando a su vez la campaña de concientización sobre el cáncer en el seno en colaboración con la *BCRF*. El 1º de octubre, el avión rosado insignia de *Delta*, el cual presenta este año los colores actualizados de la compañía, llevó a bordo a más de cien empleados y clientes de *Delta* –tanto mujeres como hombres– que han sobrevivido al cáncer del seno o que actualmente están luchando contra la enfermedad

A medida que *Delta* continúa enfocándose en la expansión hacia Latinoamérica y el Caribe, estamos orgullosos de mostrar nuestro compromiso para la cura a nivel global. En adición al vuelo de los sobrevivientes en la ruta internacional a México, también invitamos a bordo a colegas de nuestra aerolínea asociada *Aeroméxico* mostrando así el alcance internacional de la lucha en contra del cáncer.

Tener a bordo a estos nuevos amigos y colaboradores fue un buen recordatorio de que nadie lucha a solas. El cáncer del seno no sólo afecta a las víctimas, también afecta a sus seres queridos que proveen soporte incondicional y el apoyo necesario a lo largo de la experiencia. Por el segundo año consecutivo, los clientes también se juntaron en la lucha participando en nuestro concurso "Unsung Hero" (Heroe no reconocido) a través de las redes sociales y la subasta en línea de *SkyMiles Experiences* para tener la oportunidad de hacer parte de este día especial. Todas las millas ganadoras son donadas directamente a la *BCRF*.

Todos los trabajadores de *Delta* alrededor del mundo están unidos por su pasión y apoyo a la *BCRF*. Hasta la fecha, los empleados de *Delta*, los clientes y sus amistades y familiares han recaudado más de US$9 millones para la fundación en busca de la erradicación del cáncer en el seno.

A lo largo del mes de octubre verás a nuestros empleados luciendo uniformes rosados y recaudando fondos para la *BCRF*. Ellos informan y recogen donaciones en los *Sky Clubs* y a bordo de los aviones por medio de la venta de la limonada rosada 'Minute Maid' y otros artículos rosados seleccionados. El apoyo es verdaderamente un esfuerzo colectivo y más de nuestros 80.000 empleados se unen para recaudar fondos para la investigación del cáncer en el seno y crear concientización por la causa.

Desde octubre 2014, los empleados y clientes de *Delta* han recolectado fondos para apoyar 31 proyectos de investigación y *Delta* donó fondos para apoyar a cinco investigadores de *BCRF* en diferentes partes del mundo. Pero todavía no hemos terminado: estamos orgullosos de nuestra larga asociación con *BCRF* y con la ayuda de todos los empleados y clientes esperamos seguir trabajando juntos para encontrar la cura y crear un mejor mañana.

Gracias por volar con nosotros.

Cordialmente,

Richard Anderson
Director Ejecutivo
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2 **Ritmo Caliente**
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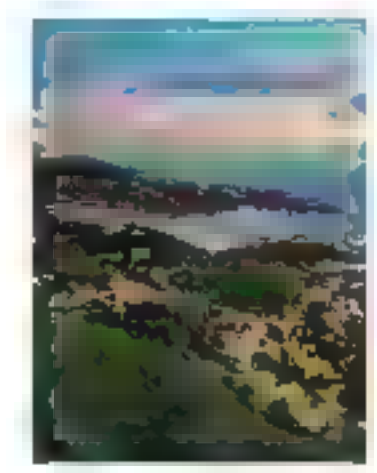
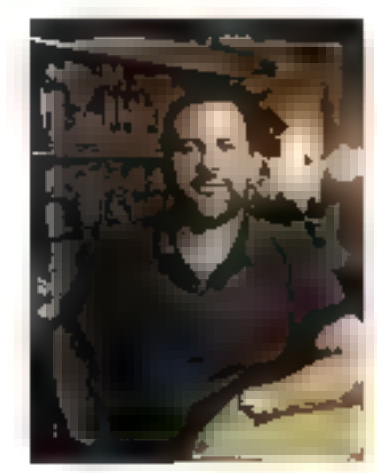


3 Este mes puedes escoger entre las 50 salidas en los días pico que *Delta* te ofrece a 21 destinos en **el Caribe.**



4 **Despegando**
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WHEELS UP

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BY THE NUMBERS

BIRD'S-EYE ART

Vincent van Gogh definitely wasn't thinking of Minnesota when he painted *Olive Trees* in 1889, yet the state has become the backdrop for this famous work. On a plot of land adjacent to Minneapolis-St. Paul International Airport, artist Stan Herd has planted a large-scale interpretation of the masterpiece—which is part of the Minneapolis Institute of Art's collection—using trees, crops such as oats, kale and squash, and landscaping elements including rocks, pebbles and mulch. The effort, in honor of Mia's 100th birthday, is best viewed from the left side of the plane when landing in the Twin Cities.

1.2
Acres that the Van Gogh *Olive Trees* crop art spans (a little bit bigger than the size of a football field). The land is part of a larger parcel owned by Thomson Reuters, who donated use of it for the project.

240
Hours artist Stan Herd and his crew had spent on the project as of mid-August. Lack of rain during the summer caused some concerns, but, Herd says, "I don't fret too much as long as it looks amazing at the end."

1,000
Approximate number of plants used in the crop art. Designer Herd notes that there are also "two wild turkeys who visit the field about every day, and they have grown comfortable with me as a part of the landscape."

752,000
Record-breaking number of visitors to Mia during the past fiscal year (June to June). "We attribute it to the synergy of the birthday year," says Kristin Prestegaard, the museum's chief engagement officer.

SAT

SAN ANTONIO

In this Southwestern city, a 19th-century brewery gets fresh life with a new boutique hotel, hip restaurants and edgy art

Why Now: There's an old-meets-new buzz around the Pearl, a mixed-use space on the San Antonio River that's morphed into a hot food and shopping zone. The Pearl's 1894 brew house reopens this month as the sleek Hotel Emma, a boutique property that weaves historic touches with modern comforts.

Where to Go: Take half-day classes at the Culinary Institute of America (think Texas BBQ and taco mastery) or try Pan-Latin chow at Naoki's student-staffed restaurant. Food remains a whopping portion of the zone's appeal, with destinations such as funky Mexican street-eats temple La Gloria (try the zippy octopus tostada) and The Granary 'Que & Brew, a restaurant in an old wooden house that dishes up nouveau Southwestern cuisine and made-on-site beers. On weekends, the Pearl Farmers Market shows off local produce and grab-and-gobble fare such as empanadas and crêpes. Indie shops also shine: Dos Caroline's sells custom-made, brightly colored guayaberas (traditional Latin American-style shirts), Melissa Guerra stocks Mexican crafts and high-end cookware. The Museum Reach, the part of the famed River Walk adjoining the Pearl, boasts public art such as a "school" of fish suspended underneath a bridge and a mysterious faux grotto. You can see it all via a one-plus-mile stroll or a riverboat cruise. —**JENNIFER BARGER**

HIT THE TOWN

- Bakery Lorraine
- Adelante Boutique
- Bike World

Santa Monica State Beach

BOARDING PASS

LOS ANGELES

It may feel like summer, but October in LA offers its own autumn allure. Start the day with decadent slices of brioche French toast at **Square One Dining** in East Hollywood. Then browse through the seasonal produce and foods at the **Original Farmers Market**, picking up items for a picnic later at **Santa Monica State Beach**, where you can take surfing lessons and hit the still-temperate waters. At night, visit **L.A.'s Haunted Hayride** in Griffith Park for a Halloween scare.

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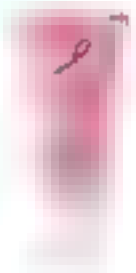

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SANTA MONICA STATE BEACH: ©ANTHONY SIMS; ©ESTATE BEACH

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MAURA TIERNEY

ACTRESS

In the TV show *The Affair*, Maura Tierney plays Helen Solloway, an heiress who lived a charmed existence until her husband started cheating on her. "Now she has to deal with an upended life," says Tierney, who faced—and overcame—her own adversity after being diagnosed with breast cancer in 2009. The second season of *The Affair* returns this month and will tell the narrative from all four perspectives of those in the cheating rectangle. "It's funny, sad and very human," says Tierney. "It's been great to play." **BY MATT McCUE**

"I ALWAYS BUY A SOUVENIR ON VACATION."

1 FAVORITE LUGGAGE A Rimowa carryon. **2 IN-FLIGHT ACTIVITIES** "I try to use the time on the plane to learn about new music, so I read *Q* magazine [the U.K.'s biggest music magazine] reviews and make a list. And I look at what I've tagged on Shazam." **3 FAVORITE AIRPORT** London Heathrow. **4 LAST SOUVENIR PURCHASED** A small pendant with a picture of Our Lady of Fátima purchased in New Mexico. **5 FAVORITE TRAVEL DESTINATION** Boston. **6 IN-FLIGHT READING** "I read *Harper's Magazine*, *The New Yorker*, *Q*, *New York* and *Mother Jones*. I'm feeling smart." **7 MOST RECENT IN-FLIGHT BOOK** *The Zone of Interest* by Martin Amis. **8 TRAVEL OUTFIT** "I wear whatever I'm wearing to the airport. On the plane, I change into James Perse things—any of the sweatpants or T-shirts or sweaters. They're extremely comfortable and pretty." **9 IN-FLIGHT BEVERAGE** "Water is really the best thing to have. Sometimes I have wine because the movies always make me cry on the plane."

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BCN

BARCELONA

You've got an extra day to kill in this Spanish city on the Mediterranean Sea. Here's what you do. **BY TREVOR BAKER**

BARCELONA HAS LONG BEEN HOME to some of Europe's most celebrated attractions, from the architecture of the Basílica de la Sagrada Família to the romantic alleys and arches of the Gothic Quarter (1). Yet in the past few years, shrewd travelers have started to discover new charms beyond the must-sees of Antoni Gaudí's unfinished masterpiece and the atmospheric Old Town. For tapas and nightlife, barrios such as Poblenou and Poble-sec are coming into their own, while there's plenty of evidence that architectural innovation didn't stop when Gaudí died. Now is the time to see a city that has a great future as well as a fascinating past.

The Jean Nouvel-designed Torre Agbar in the Poblenou neighborhood.

DINE

Foodies won't be surprised to bite into an olive at high-end Mexican restaurant **Hoja Santa** and discover that it's actually a bubble of intense olive juice, held together with gelatin. This is the latest restaurant from chef Paco Méndez and legendary innovators Ferran and Albert Adrià of El Bulli fame. That the olive bubble is filled with chipotle, however, is a delicious trick that sums up their playful take on Mexican food.

SEE THE FUTURE

Architect Jean Nouvel's curvaceous **Torre Agbar,** 466 feet of color-shifting, illuminated glass, is the most famous symbol of the rapidly developing **22@** tech-hub area in Poblenou. Perhaps even more interesting is the **Media-TIC** building, which—with its façade padded with what looks like gigantic bubble wrap—is a glimpse at the future of modern, ecofriendly architecture.

GRAZE

There's a fine line between markets and eating halls in Spain. The almost 35,000-square-foot **El Nacional** started life in 1870 as a splendid, modernist café-theater. It went through a bleak period as a warehouse and then, inexcusably, a car park, but it's now been done up as a fabulous gastrohub, with four bars and four restaurants. Inside, it has a 1920s Jazz Age feel, with art deco light fittings and a long, sweeping cocktail bar right in the middle, which is the perfect place for the Barcelona favorite, gin and tonic.

AVOID THE CROWDS

Instead of walking along main drag **La Rambla** with every other tourist in Barcelona, you can dodge some of the crowds by heading down the shady **Carrer d'en Xuclà,** which runs parallel to it. Here there are brightly lit independent shops and cafés, including **Granja M. Viader,** where the classic Catalan chocolate milkshake Cacaolat was invented in 1931.

ARTUR DEBAT; ORRE AGBAR; JACQUES PIERRE/HEMIS.COM; CORBIS

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William F. Austin in the Starkey test station where he sees patients.

WILLIAM F. AUSTIN

▶ **FOUNDER AND CEO, STARKEY HEARING TECHNOLOGIES**

Every year since 2001, William F. Austin has lured numerous entertainers, politicians and sports figures to St. Paul, Minnesota, to raise funds for and awareness of the Starkey Hearing Foundation, which annually furnishes more than 175,000 hearing aids to those in need around the world. As CEO of Starkey Hearing Technologies, Austin leads the only privately held hearing aid maker in the United States. This year's gala, held in July, drew luminaries that included former Presidents George W. Bush and Bill Clinton; singer Katy Perry provided entertainment. That's just one of the highlights of a very busy year for Austin, who wends his way around the world fitting hearing aids. During October, Austin is traveling to Mexico and Peru. **BY GENE REBECK**

SKY: How has the hearing aid industry changed during your career?

AUSTIN: Since I began working on this 54 years ago, we've moved from body-worn instruments and eyeglass hearing aids, which were quite big and thick, to instruments now that are really hard to see. They're very discreet or virtually so.

The stigma associated with hearing impairment has melted away as more and more people have found it acceptable. And [hearing aids] are becoming devices that people actually want. With our Bluetooth devices, we can stream music and

PHOTOGRAPH BY THOMAS STRAND

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movies directly to the ear and not have them disturbing other people. We actually have people with normal hearing wearing them because they like the functions.

What developments do you see happening in the future?

In the 1970s, I wrote an article that said, "Really, we're not in the hearing aid business. We're in the personal communications business." And as we help a person overcome barriers to communication, those barriers are more than hearing loss. Other barriers are noise, distance and language.

So as I see us now, we're coming to the brink of overcoming those last barriers. We should be able to provide devices that you can wear around the world and hear in the language that you understand and let someone else speak in the language that they understand.

How did the Starkey Hearing Foundation get started?

Albert Schweitzer was my first inspiration for a career. I thought I was going to be a doctor until one day [when] I looked into the eyes of an old man who hadn't been able to hear, whom I helped, and I saw what it meant to him. I decided that I would do work in hearing aids.

As a doctor, I would be able to impact only a few people a day. I thought that in business, I could work with teams of people and impact the world. In 1973, I started a policy that if we encountered a patient who needs help and can't afford a hearing aid, [we would] just write "Starkey Fund" on the order. In 1983, we decided to make [that funding] lasting—we needed a formal foundation.

How many hearing aids has the foundation fitted?

Within a year from now, we'll be at 2 million hearing aids. We've probably been in more than 100 countries or so. We're visiting Bhutan for the first time in 2016. We're very blessed to be able to do this work.

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NATALIE CHANIN

This fashion and lifestyle visionary cottons to cotton

"WE CALL IT SEED TO SHELF," says Natalie Chanin, founder of the Alabama Chanin fashion and lifestyle brand in Florence, Alabama. "Cotton is our passion and our signature fabric, and we carry it all the way through the steps. We're committed to organic and sustainability and made in America." The company is best known for its hand-sewn women's apparel, including skirts, tops, dresses, jackets and scarves. A two-hour drive from Nashville, the Alabama Chanin factory—a complex that includes a store as well as a café that sources local ingredients—is where the firm's signature creations come to life. Sourced from fibers grown by the Texas Organic Cotton Marketing Cooperative, the certified organic cotton travels east from its birthplace to North Carolina to be spun, then heads to South Carolina where it's knit before returning to North Carolina for dying and onward to Alabama to become fashionista-favorite garments. The factory also sells cotton fabric by the yard. "People say that our cotton jersey is the best that they've ever worn—or used," says Chanin.

—JASON OLIVER NIXON

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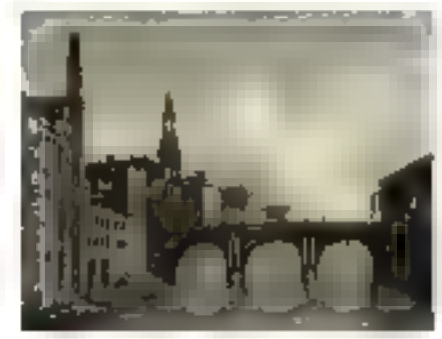
- **Although white** is the most common color of cultivated cotton today, it was originally grown in hues including pink, green and blue

THE FABRIC OF LIFE

Keep your cool in the American South, Barcelona and Manchester

1 Cotton is the hot topic at the **North Carolina Cotton Festival** in Dunn and the **Louisiana Cotton Festival** in Ville Platte.

2 Check into chic-sleek **The Cotton House Hotel** in Barcelona, Spain, located in the former headquarters of the city's Cotton Textile Foundation.



3 Manchester, England, was once known as **Cottonopolis** thanks to its 19th-century status as the global hub of cotton and the textile trade

PHOTOGRAPH BY NICK CABRERA

DATE SMARTER

THE COUPLE

BREG STEED: *CEO, Northwest Brewing Company*

EDUC: *BA, Western Washington Univ.*

INTERESTS: *Running, golf, skiing*

JENNIE (BOWEN) STEED: *Marketing Brand Manager, Intl Coffee Corporation*

EDUC: *BA, University of MA, Amherst*

INTERESTS: *Yoga, theatre, hiking*

It's rare to hear about a love story that starts on an airplane. When single, we all secretly wish that the romance of meeting someone while traveling just might happen to us.

Jennie Bowen Steed's idea of finding love changed on a flight when she saw an ad for It's Just Lunch, a personalized matchmaking service for busy professionals. The ad read like a good friend who could introduce her to single, professional men she wouldn't have the opportunity to meet on her own. Today, Bowen Steed is married to her IJL match Greg Steed. We sat down with Greg and Jennie to learn about their dating experience, lifestyle, and why they chose to invest in their pursuit of relationship happiness.

Why did you join IJL?

G: I'd been divorced for about two years, and it was a hectic time career wise. My company was in a transitional phase, and it demanded a lot of my time and effort, so I didn't have time for much else.

Favorite first date memories?

G: I was attracted to her right away. On the second date there was a real chemistry. Then it evolved very, very quickly.

J: When Greg and I started talking, I discovered we had similar careers. I remember the conversation was so easy and comfortable. When I shared my date feedback with my IJL matchmaker, I let her know that Greg and I had made arrangements to attend a big award dinner at his country club. The minute I walked in, I knew he was a consummate gentleman. He was attentive and made sure I was introduced to everyone.

How did IJL compare to your online dating experience?

G: Online dating isn't easy, it's work. I've got a full-time career; I didn't need another job. With IJL they did everything for me. You're busy with your career and everything else going on – IJL was just easier. The caliber of matches was much higher.

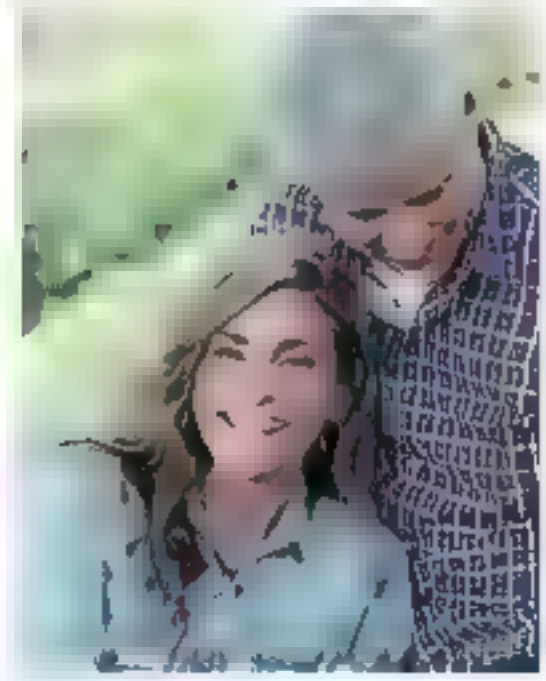
Best part about dating thru IJL?

G: Besides choosing all my matches, I would say the scheduling of my dates. They call you and ask what your schedule is like, so you don't have to worry about it. If I said I was available Wednesday or Thursday this week and Sunday next week they would find a way to fit dating into my schedule.

What would you tell a friend who was interested in IJL but was tentative about making the investment?

G: At the end of the day what is your end goal? Then I'd ask, what's the cost of being happy worth to you? The kinds of people who choose IJL aren't fooling around. It's not someone on the Internet just looking to meet a ton of people and date up a storm. It was definitely worth it for me.

It's Just Lunch has been matching busy singles since 1991. Find out what an It's Just Lunch matchmaker can do for you by calling **1.800.858.6526** or visiting **ItsJustLunch.com**.



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ELVIS COSTELLO ON PENNSYLVANIA AVENUE IN WASHINGTON, D.C.

Despite what the title of his hit song "Every Day I Write the Book" might lead you to believe, musician **ELVIS COSTELLO** hadn't ever actually authored a book—until this year, that is. His memoir, *Unfaithful Music & Disappearing Ink*, comes out this month and begs the question: What is more difficult, writing a song or a 672-page book? "I would say songs are never really finished, as you may sing them more vividly on any possible night, while you must eventually close a book," says Costello. He embarks on a tour midmonth for the memoir, which offers a behind-the-scenes glimpse into the musician's life and four-decade career. "I found many more things to celebrate and a few to lament but I will leave the dirt-dealing to beasts with cloven hooves," says Costello. — **MATT McCUE**

Smithsonian National Air and Space Museum
"The desire to escape earthly bonds is so wondrously told, from Kitty Hawk through the claustrophobic glamour of early airline travel to infinity and beyond."

Central Michel Richard
Chef Richard serves French-accented American dishes at this bistro near the Mall, along with lobster burgers and playful takes on fried chicken and a chocolate bar.

Bridge Street Books
On a recent visit, Costello bought a printed copy of Pope Francis' *Encyclical on Climate Change & Inequality* and Jed Rasula's new history of Dada, *Destruction Was My Beatrice*.

The White House
In 2010, Costello performed "Penny Lane" in the East Room for a Paul McCartney tribute concert. He also discussed his family's Liverpool roots and the actual Penny Lane.

COORDINATES

1. **Smithsonian National Air and Space Museum**
Independence Ave. at 6th St. SW
airandspace.si.edu
2. **Central Michel Richard**
1001 Pennsylvania Ave. NW
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AMES D MANA (COSTELLO)

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FIGHTING FOR THE OFFENSE

Former Buffalo Bills star quarterback Jim Kelly has inspired others with his indomitable spirit in the face of cancer and personal tragedy BY BRIAN O'CONNOR

JIM KELLY has faced a litany of daunting opponents in his 55 years, from giant defensemen during a celebrated football career with the Buffalo Bills to the unfathomable loss of his 8-year-old son, Hunter, in 2005. In the past two years, Kelly has also come to grips with his mortality through two devastating bouts with oral cancer.

"About a year ago, when they put that feeding tube in me, that's when I thought I was gone," Kelly says. "That was the lowest point of my life, because I saw what my son went through, and I thought, 'OK, is this the end?'"

"But everybody has their own pain," he says. "When you look at somebody else's pain, you realize that you don't have it as bad as you think you do."

Kelly lost 65 pounds during his twice-successful fight with cancer, but the former quarterback now weighs 220 pounds and still shakes hands with a firm grip. "It's all attitude," he says, sitting in his Buffalo, New York, home. "When I was going through tough times, there's no doubt how I got through it: No. 1 was prayer. But No. 2 was that my daughters, my wife, my brothers never, ever walked into my hospital room with a frown on their faces. They walked in with an attitude that they were going to make my day better by their presence, by what they said, by how they acted."

Kelly is still animated and quick to laugh, though that hurts. Eating and talking are difficult for him, due to his reconstructed jaw and the dental implant required after surgeries and radiation therapy. "I've been through the ringer," Kelly says. "But I also realize that I'm still alive."

In 1997, after his son was diagnosed with Krabbe Leukodystrophy, a degenerative neurological disorder, the Kellys established the Hunter's Hope Foundation. Its motto—"Every Child. Every Time. Everywhere."—encompasses the foundation's goal of universal newborn screening for more than 60 treatable diseases, including cystic fibrosis and multiple sclerosis. "My goal is to make sure every state tests for the maximum amount of treatable diseases," Kelly says.

His subsequent cancer battles have made his speaking calendar more crowded, more challenging and more compelling. He's no longer solely the public face of Hunter's Hope but also at the forefront of the fight against cancer. "At the beginning, I didn't want to do it," he says. "I wanted this to be just family. We'll handle this alone. And my wife said, 'Jim, we need as many people praying for you as possible.' And to be honest, I didn't know how bad I was."

Kelly tackled cancer with the same tenacity that the disease is known for. A devout Christian, Kelly said his religion and his family—his wife, Jill, and daughters, Erin and Camryn—sustain him. "My bucket list has been updated," he says. "It now is to make sure the good Lord gives me enough time to be able to walk my daughters down the aisle. I love them that much."

Jim Kelly with his daughters, Erin and Camryn.

Kelly's bronze bust in the Pro Football Hall of Fame in Ohio symbolizes his athletic legacy. When asked what he wants his personal legacy to be, Kelly takes a moment to reflect. "That I made a difference in other people's lives for the good," he says. "Pure and simple."

TOP: RICHARD SHIELL

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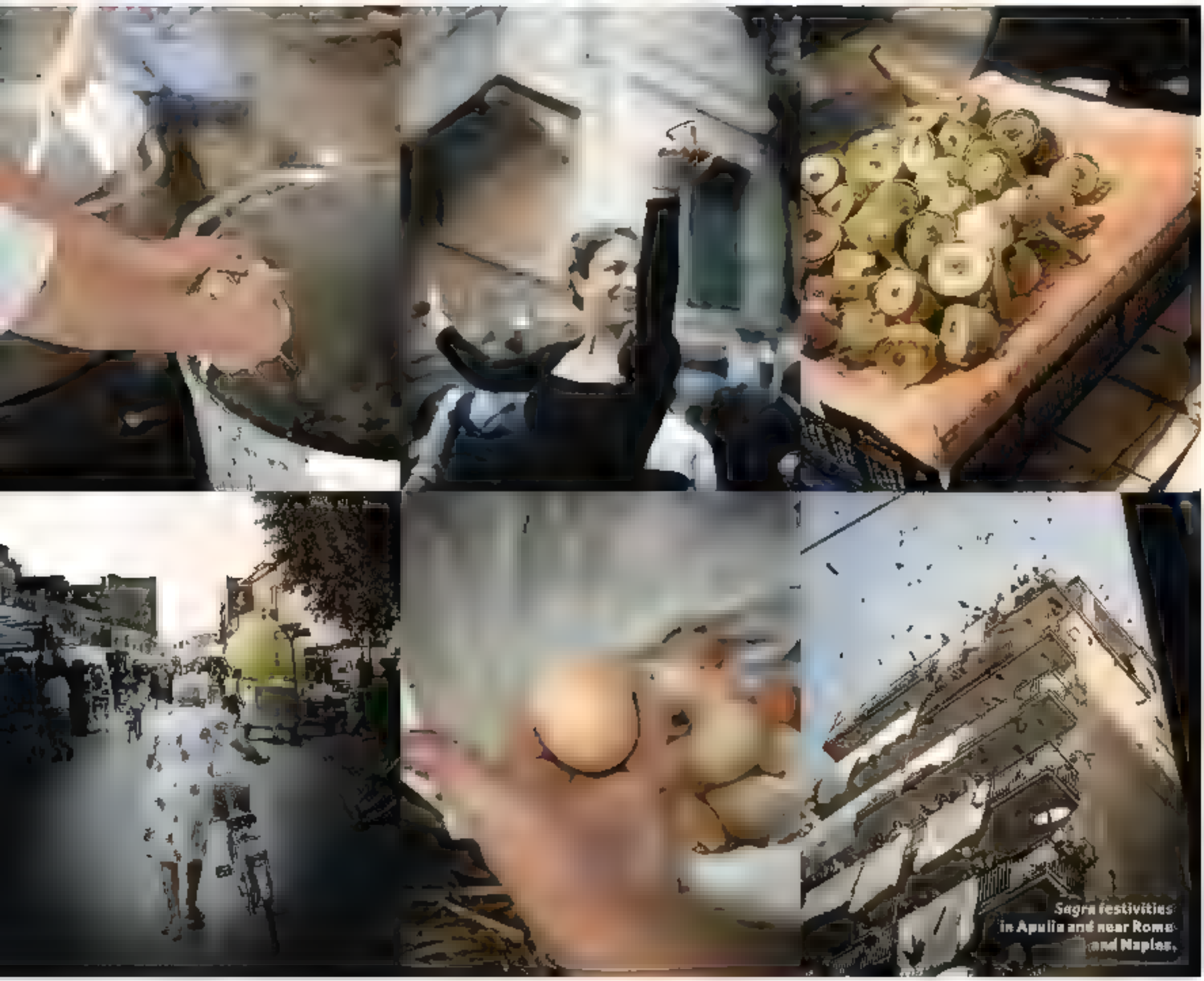
A SMALL-TOWN SAGRA IN ITALY

A festival celebrating the local wine allows a transplanted American to truly experience her newly adopted country BY INGRID K. WILLIAMS

I THOUGHT I WAS ALREADY FAMILIAR with Italy when I uprooted my life in the U.S. and moved there in 2007. Years earlier, I'd backpacked around the country, exploring the art museums of Florence, the seaside villages of the Amalfi Coast and the mazelike back alleys of Venice. I even spoke some Italian and had learned many of the unwritten cultural rules, such as never ordering a cappuccino after noon.

But settling into my new home, a tiny Ligurian town on the northwestern coast, I wasn't prepared



Sagra festivities in Apulia and near Rome and Naples.

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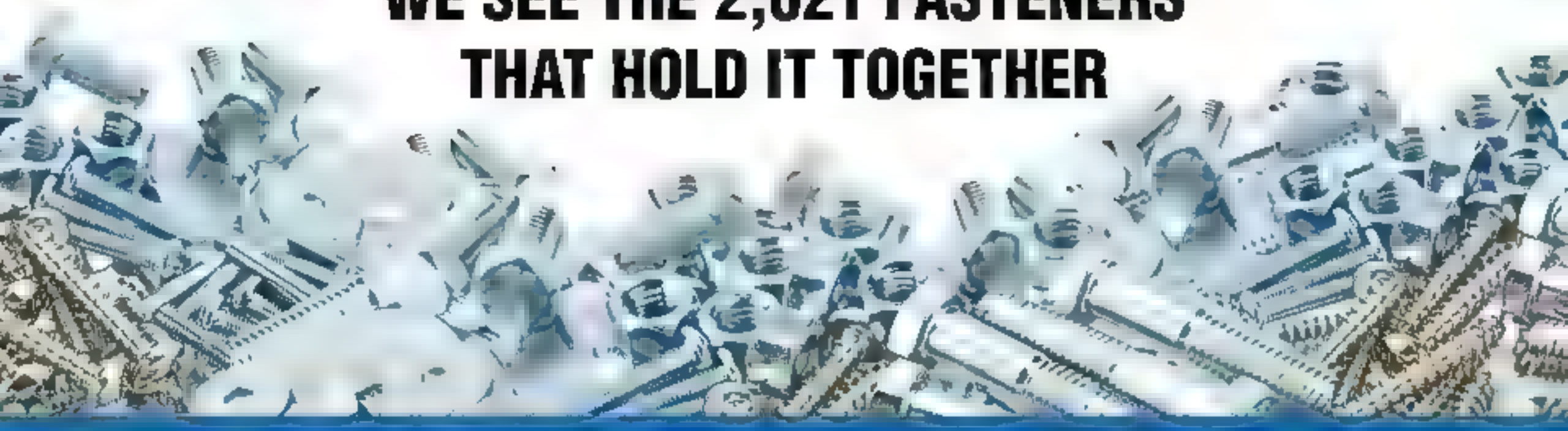

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for the familial community. Early on, a neighbor invited my husband and me to a *sagra*, a traditional small-town festival celebrating a patron saint or a local culinary specialty such as chestnuts, octopus or *lardo di Colonnata* (cured pork back fat named after the Tuscan village from which it comes).

On a balmy August evening, we walked down the road to the Sagra del Vino, held in honor of the slightly fizzy regional white wine. Following a stream of people, we arrived at a small park, usually overgrown and deserted but now ablaze with festive lights. A band was playing Italian ballads while elderly couples twirled elegantly across a makeshift dance floor. Wooden tables and benches had been set up under olive trees, and stalls sold grilled sausages, jugs of wine and *sgabei*—salty fried pillows of dough that are a hyperlocal specialty. There were carnival games for the children and food trucks peddling pastel-colored candies and chewy nut-studded *torrone*, a nougat candy.

In the crowd were many already recognizable faces: the tattooed waitress from the pizzeria, the avuncular baker from the *panetteria*, the grumpy crone from down the street—and our neighbor, waving us over to a table laden with sgabei stuffed with prosciutto and tangy stracchino cheese. Our tablemates eagerly befriended us in a mix of broken English (theirs) and rusty Italian (ours). And before long, we'd agreed to practice kickboxing together and had been cajoled onto the dance floor to spin beneath the stars as if the park were a glittering ballroom.

On earlier trips, I'd seen the sights and eaten memorable meals, but this sagra made me realize that I hadn't really experienced Italy until that night. Because it's the people—whether in New York or Paris or an anonymous Italian village—that are a place's most precious commodity. And that lesson has guided my travels ever since.

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1	4	2	3
3	2	1	4
4	1	3	2

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6	1	3	2	5	4
4	3	2	5	6	1
5	4	1	6	3	2
2	6	5	4	1	3
1	2	6	3	4	5
3	5	4	1	2	6

Easy Sudoku

1	7	8	5	4	9	3	6	2
3	5	6	1	8	2	4	9	7
4	2	9	7	6	3	8	1	5
5	3	1	6	2	7	9	8	4
9	4	7	3	1	8	2	5	6
6	8	2	4	9	5	7	3	1
2	9	4	8	5	6	1	7	3
7	1	5	9	3	4	6	2	8
8	6	3	2	7	1	5	4	9

Hard Sudoku

3	4	1	7	6	8	2	5	9
5	6	9	2	1	3	8	4	7
8	2	7	5	4	9	6	3	1
4	1	5	8	9	2	7	6	3
9	3	2	4	7	6	1	8	5
7	8	6	1	3	5	4	9	2
6	7	8	9	5	1	3	2	4
1	9	3	6	2	4	5	7	8
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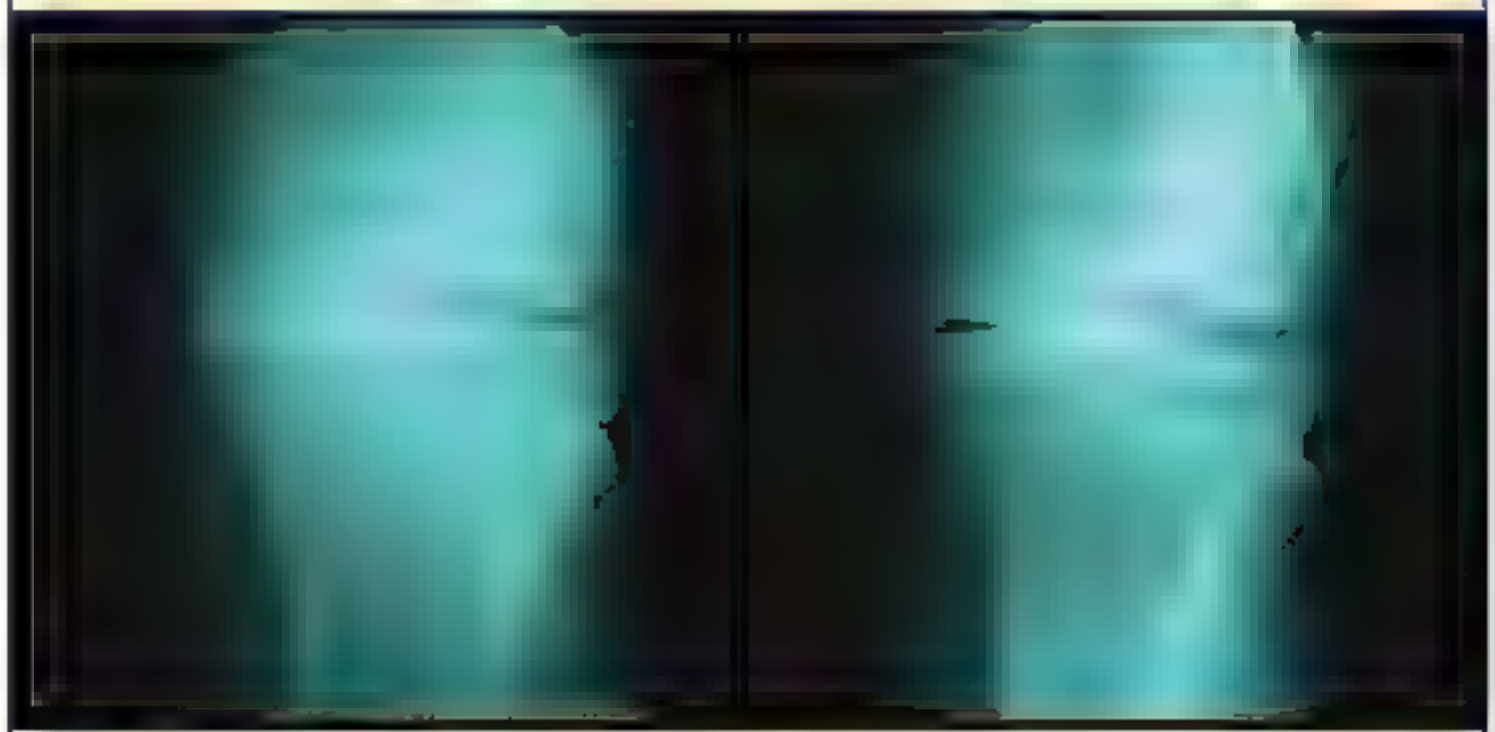

The Knee Diaries: SJ is a 60-year-old male with the chief complaint of knee pain who visited The Center for Regenerative Medicine over a year ago. He was diagnosed with bone-on-bone osteoarthritis of the left knee, causing much pain and discomfort; at that point he was told only a total knee replacement could help him. He is otherwise healthy. On exam he had point tenderness to the medial side of the left knee (medical lingo: inner side). An X-ray showed severe arthritis of the knee (X-ray on the left). Patient started receiving treatments at The Center for Regenerative Medicine. Today he is feeling better (X-ray on the right).

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For more information and to read more on "The Knee Diaries", please visit www.arthritisusa.net or call (305) 866-8384.

OCTOBER 2015

A taste of what's happening around the world this month

1 RALEIGH

The fiddle and banjo reclaim their mountain music roots alongside headliner Alison Krauss & Union Station at **Wide Open Bluegrass,** Red Hat Amphitheater. October 2–3. *wideopenbluegrass.com*

2 CHICAGO

Tens of thousands of participants hit the pavement for a scenic 26.2-mile 29-neighborhood challenge at the **Bank of America Chicago Marathon,** Grant Park. October 11. *chicagomarathon.com*

3 SHANGHAI

Music, dance and other performances converge at the **China Shanghai International Arts Festival.** Various locations. October 16–November 16. *www.artsbird.com*

3 SYDNEY

Wet your whistle in more than 70 venues during **Sydney Craft Beer Week,** October 17–25. *sydneycraftbeerweek.com*

4 LOS ANGELES

Benefactors, celebrities and host Gwyneth Paltrow honor *American Horror Story* creator Ryan Murphy at the **amfAR Inspiration Gala,** a fundraiser for AIDS research. MUSE Studios. October 29. *amfar.org*

4 NEW YORK

Honoree Tory Burch joins the party as the Breast Cancer Research Foundation celebrates the millions of dollars being directed toward research at its **Symposium and Awards Luncheon.** Waldorf Astoria. October 29. *bcrfcure.org*

5 LEXINGTON, KENTUCKY

The **Breeders' Cup World Championships** guarantees signature bourbon cocktails, music and sightings of the horse of the year, American Pharoah. Keeneland. October 30–31. *breederscup.com*

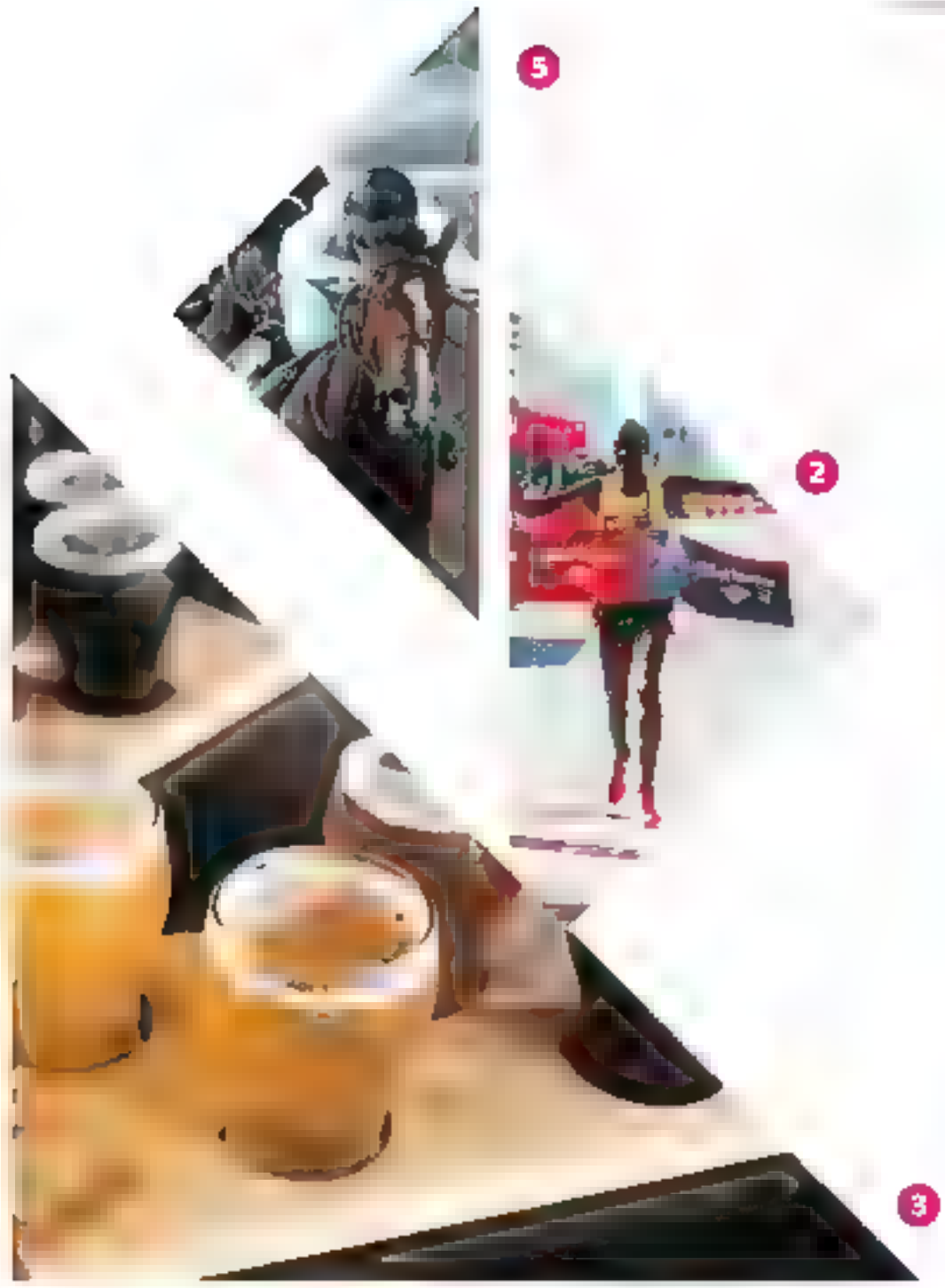
5 ATLANTA

Assist on-stage detectives in their sleuthing as a member of the suggestion-wielding audience in ***Murder, She Improvised.*** Dad's Garage. Friday nights through November 27. *dadsgarage.com*

6 AMSTERDAM

Munch: Van Gogh examines the affinities between the Dutch painter's works and those of his contemporary Edvard Munch. Van Gogh Museum. Ends January 17. *vangoghmuseum.nl*

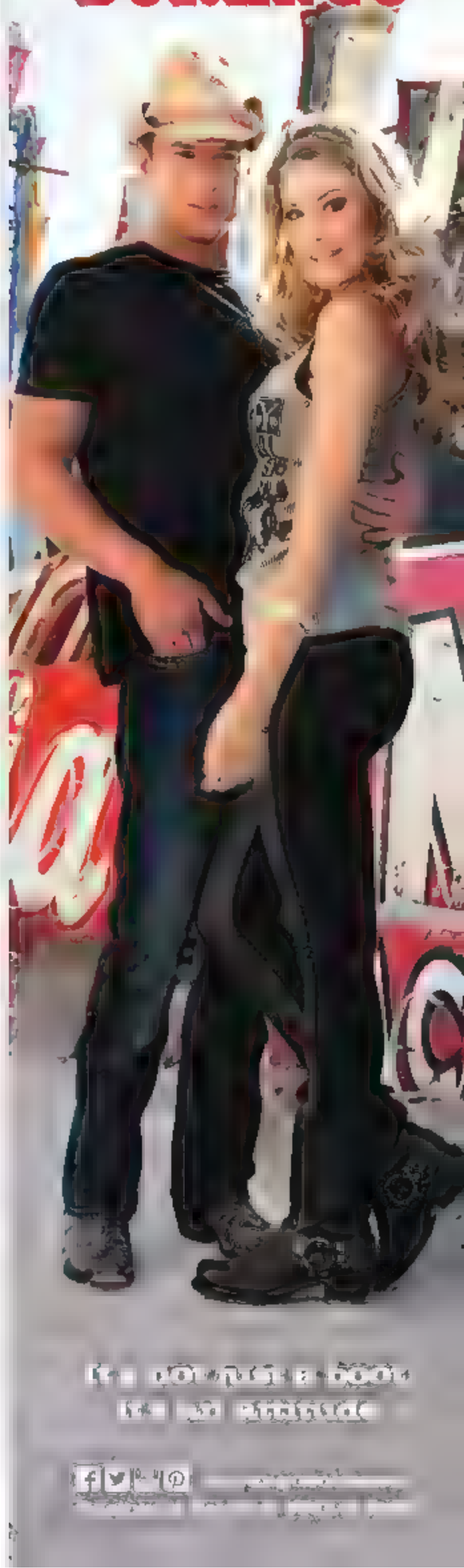
SEE PAGE 45 FOR PHOTO CREDITS



"PEOPLE ARE TERRIBLY UNDERWHELMED WHEN THEY RECOGNIZE ME IN A RACE THERE'S NOTHING FUNNY GOING ON IT'S JUST A LOT OF SILENCE AND PAIN"

—ACTOR WILL FERRELL ON RUNNING MARATHONS

DURANGO



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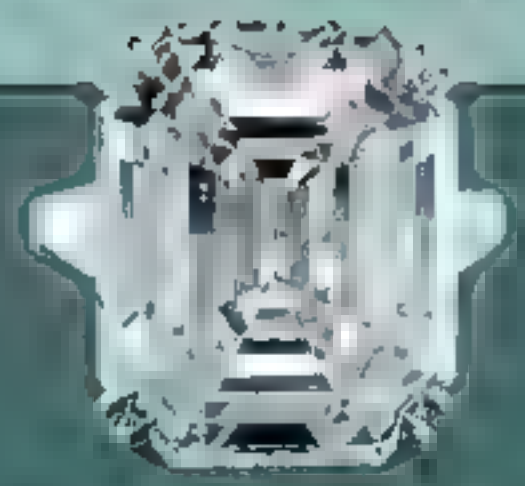

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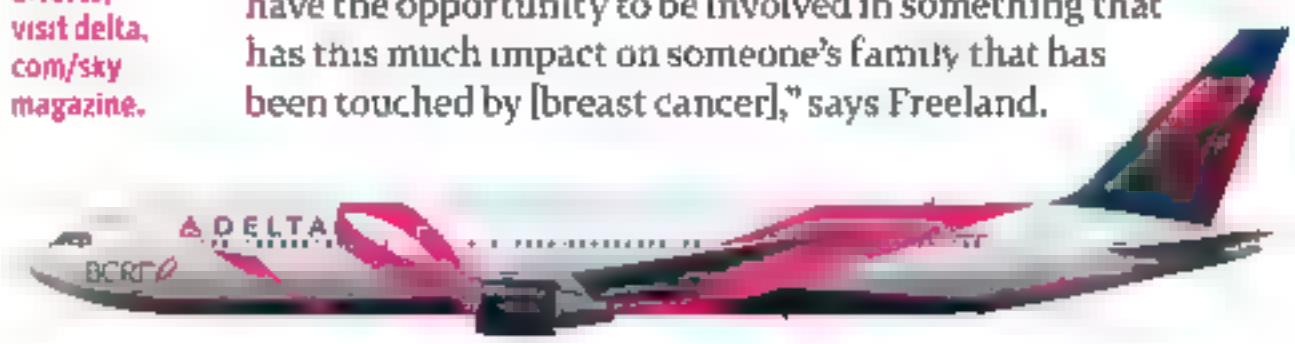
PAINTING THE PINK PLANE

IT'S RELATIVELY EASY for flight attendants to show support for the Breast Cancer Research Foundation each October: They don a pink dress, necktie or scarf. But outfitting the exterior of a Delta plane with the signature pink ribbon is a different matter altogether, taking months of planning and weeks of implementation. This year, the creative work started with the marketing team, who produced a design detailing what the plane should look like. Those specs got handed off to technical graphics specialist Joel Freeland in TechOps (the aviation maintenance department), who used AutoCAD software to create a full-scale image showing how, exactly, the design would wrap around the fuselage. Because it's challenging to take a flat design and adapt it to a 3-D plane with all its curves, a trial was done first on a small-scale model. After approval, TechOps printed large adhesive-backed vinyl stencils, which incorporated reference points so the painters could accurately place them on the plane. Then painting began, with crews working in shifts around the clock for about two weeks to apply four different stages of paint. Once the job was finished, the plane was put in service and everyone could see the results of a job well done—and a cause well served. "It's always nice to have the opportunity to be involved in something that has this much impact on someone's family that has been touched by [breast cancer]," says Freeland.

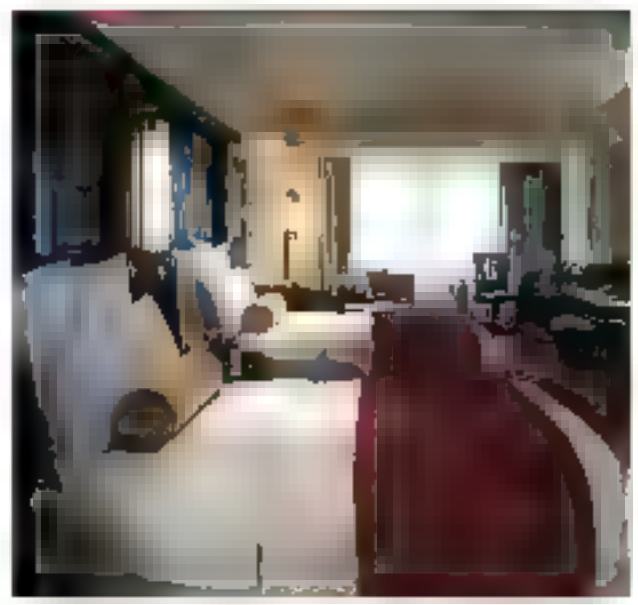
For more on Delta's BCRF efforts, visit delta.com/sky magazine.



Pink Plane 3.0
The first Delta Air Lines plane dressed up in support of BCRF was a Boeing 757 and it debuted in 2006. In 2010, the airline decided to switch to a larger plane, a Boeing 767. This year that plane—ship 182—was repainted with a new design.

Bring on the Bling
When you look at the updated plane, you'll notice extra sparkle. That's due to the mica flakes in the pink paint, which refract light and provide a metallic look. Mica also wears better and will limit the need to touch up the plane during the normal six-year paint cycle.

Breast Cancer One
Every year Delta's pink plane makes a special flight taking breast cancer survivors—employees and customers—on a trip. This year on October 1, "Breast Cancer One" headed to Mexico City, the survivor flight's first international destination.



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"While staying in Beijing's Central Business District, I prefer the Marriott Hotel City Wall," says Diamond Medallion member Kevin Link of Atlanta. "I'm amazed at the level of service. There tends to be no shortage of employees, and they each learn your name and address your needs with a very personal touch."

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AS SEEN ON TV

RICHARD BLAIS THRILLED JUDGES AND VIEWERS ON *TOP CHEF*. NOW HE'S WOWING DINERS AT HIS LATEST SPOT, JUNIPER & IVY. **BY ANDREW ZIMMERN**

If you're a fan of celebrity chef-driven shows, you're no stranger to Richard Blais. The New York-born chef with a sense of humor, a penchant for imaginative modern cuisine and that rare ability not to take himself too seriously is seemingly everywhere. If you don't watch a lot of food TV, you might assume that many of those chefs are more about entertaining than cooking skillfully, and you'd be right. But Blais is the real deal.

"My first job was at a tiny, little hamburger restaurant called McDonald's," says Blais. "I was the *poissonier*; it means 'fish cook' in French." After perfecting his Filet O Fish skills, Blais worked in more restaurants, falling in love with the back-of-the-house lifestyle. "I played a lot of sports in school," he says. "There's a routine aspect, and the camaraderie of the kitchen was very similar to being on a team."

Blais attended the Culinary Institute of America in New York and then went on to The French Laundry and Daniel. He moved to Atlanta in 2000, where he opened his first restaurant, **Blais** (now closed), followed by **Flip Burger Boutique**. In 2007, *Top Chef* contacted him. "Someone had just reviewed one of my restaurants, and I was on the cover of the local food section, blasting a tomato with some liquid nitrogen," he says. "That

was enough for casting to give the restaurant a call."

Blais competed on the fourth season of the show, making it to the finals, where he lost to Stephanie Izard. It was enough, however, to launch a successful television career. He went on to win *Top Chef: All Stars*, compete on *Iron Chef*, host Food Network's *Hungry Games* and judge *Top Chef: Boston*.

Television hullaballoo can overshadow some of Blais' impressive off-screen accomplishments. His first cookbook, *Try This at Home: Recipes from My Head to Your Plate*, earned him a James Beard Foundation Award nomination. He also operates five outposts of Flip Burger Boutique and, most recently, opened the critically acclaimed **Juniper & Ivy** in San Diego, where he and his family now live.

"I trained in Northern California, and I've always had a dream to relocate back to the West Coast,"

TOP LEFT: Chevre-and lamb bacon-stuffed dates topped with cocoa and ground espresso beans. TOP RIGHT: Chef Richard Blais.

TAKING DATES: HEID GELDHAUSER (BLAIS)

ADDITIONAL PHOTOGRAPHY CREDITS

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Dave Brainard (1); Bank of America Chicago Marathon (2); Anna Kucera (3); Kevin Tachman/Getty Images for amfAR (4); Breeders Cup Photo (5); Edvard Munch, The Scream, 1893-1910, Munch Museum (6)

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Style Seeker: White's Mercantile (12South); Robbie Quinn (5th & Taylor). **Music Lover:** Nathan Kirkman (Loews Vanderbilt Hotel; Twenty20/18inmemphis; Ryman Auditorium; Chris Ruan, The Listening Room Cafe). **History Buff:** Hermitage estate (Historical Tour); archival photo courtesy of the Country Music Hall of Fame and Museum (Jim Reeves recording at Historic RCA Studio B). **Foodie:** Lindsay Scott (Chauhan Ale & Masala House); Justin Chesney (Josephine). **Family Traveler:** Amiee Stubbs (Nashville Zoo at Grassmere); John Russell (Country Music Hall of Fame and Museum); Sean Pavone/Alamy (General Jackson Showboat)

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Malcolm MacGregor (Nashville). **Amantes de la Música:** Nathan Kirkman (Loews Vanderbilt Hotel); Twenty20/18inmemphis (Ryman Auditorium). **Buscadores de Estilo:** Sleepy Fox Photography (Whites Mercantile). **Aficionados a la Historia:** Country Music Hall of Fame and Museum (RCA). **Gastrónomos:** Andrea Behrends (Biscuit Love); Justin Chesney (Josephine). **Viajeros en Familia:** Amiee Stubbs (El zoológico de Nashville en Grassmere); John Russell (Country Music Hall of Fame and Museum).

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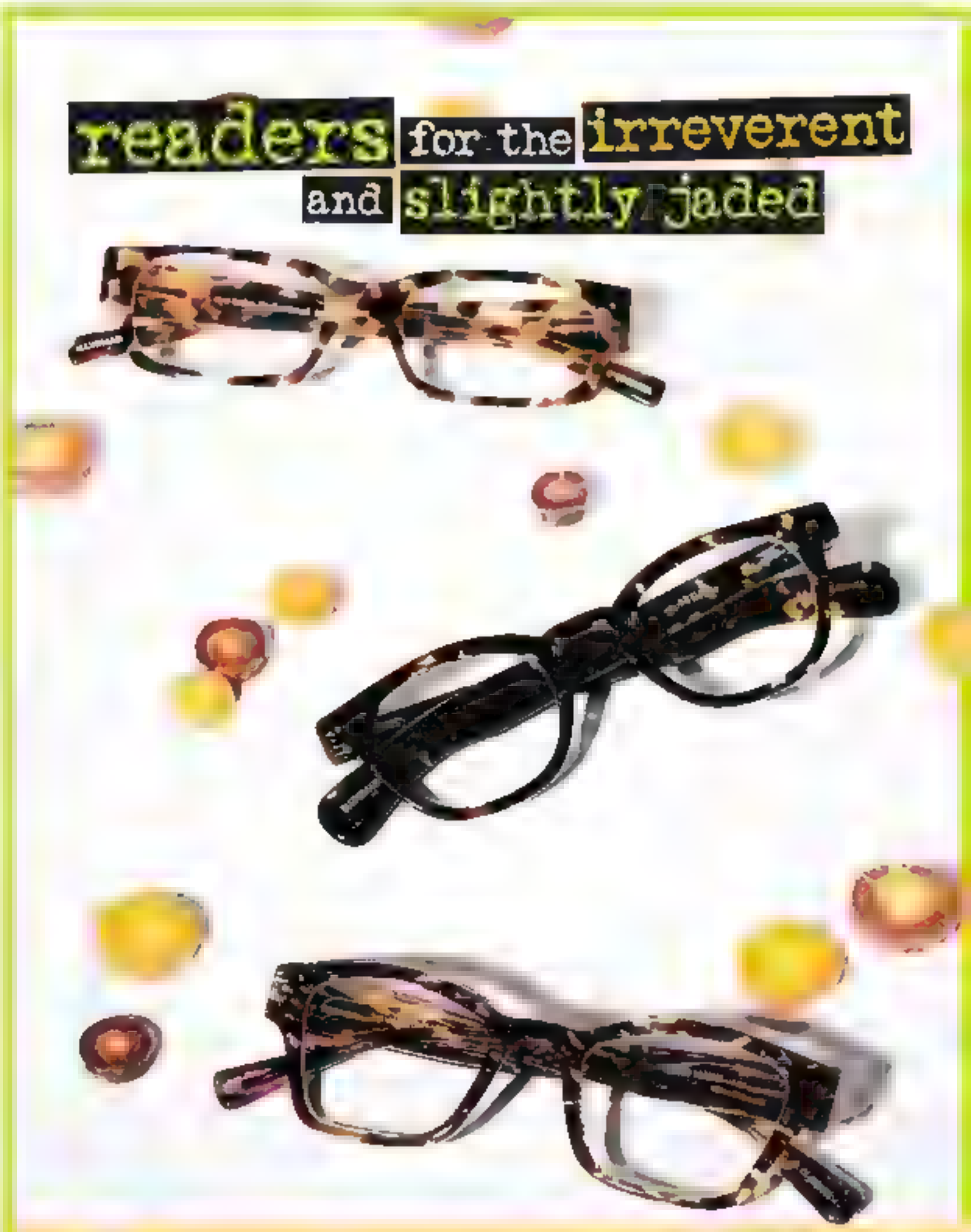
Warner Bros. (1, 7-12); Greg Gayne/Sony Pictures Television Inc. (2); Darren Michaels/CBS (3); Photo by James McCauley/REX/Terry Steiner International (4); UM/Universal Pictures and Amblin Entertainment (5); Paramount Pictures (6); James Dittiger (16); Cartoon Network (9); Peter Kramer/USA Network/NBCUniversal (10); Zade Rosenthal, © Marvel 2015 (11)

Page 124-125
Anne Marie Fox/Twentieth Century Fox Film Corporation (*Me and Earl and the Dying Girl*); Terry Sterne/International 3; Vikings; NBCUniversal (5); Marvel/Disney XD (*Marvel's Guardians of the Galaxy*). SHOWTIME is a registered trademark of Showtime Networks Inc., a CBS Company. "The Affair" ©Showtime Networks Inc. All rights reserved. Golden Globe® is a registered trademark and service mark of the Hollywood Foreign Press Association. TED (Chris Buckard); HBO; *Bollers*; National Geographic Channel (*Eat: The Story of Food*); NBCUniversal (*Knife Fight*); Tom Barnes (*The Secret World of Lego*); TruTV (*Impractical Jokers*)



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LEFT: The First Class cocktail, made with cognac, lime, pomegranate and a Fernet-Branca rinse. RIGHT: The dining room at Juniper & Ivy.

Blais says. When he isn't filming or taking his kids to swimming lessons, he's often manning the kitchen at Juniper & Ivy. "We're cruising up on two years old now," he says. "It's just been a smashing success by every metric."

Housed in a former textile warehouse, Juniper & Ivy is a huge, airy space melding original features such as high wood-beam ceilings and skylights with more modern and polished elements. Blais calls the cuisine "left coast cookery."

"The ingredients are amazing out here," he says. "There's a really big difference in simple ingredients, like carrots and romaine. But [we're also more] left in the political sense that our food is slightly more progressive. I wouldn't call it risky or scientific, but we're not your typical San Diego restaurant."

Blais likes to convey a restaurant's unique story through his menus. "Even though I'm not Italian, I feel like a part of my history is being Italian since I'm from New York," he says. "We like to have a little nod to classic Italian food [at Juniper & Ivy]. At the same time, we're basically a stone's throw from Mexico, so there's a definite Mexican baja edge to the menu. We make linguine that we call 'linguni' because the noodles are made with local sea urchin. It's a Mexican ingredient, but we're using it in an Italian way." Other offerings include heirloom tomatoes with feta ice cream, arugula pesto, bread crumbs and pine nuts, and Blais' take on French dip, made with veal breast.

While Blais says that he used to serve epic five-hour, 30-course dinners, these days he's more about creating an entertaining experience. "We take our food seriously, but we don't take ourselves seriously," he says. Diners seem to love it, with Juniper & Ivy serving about 300 people most nights. Blais says that shouldn't discourage you from making a last minute reservation, though. "We're superfriendly for the traveler who's reading this magazine on the plane," he says. "We're less than two miles from the airport, which means it's a perfect spot [to eat] before jumping on the redeye back to the East Coast." And just like that, Blais wins over another audience.

For more from chef, author and teacher Andrew Zimmern, host of Bizarre Foods *on the Travel Channel, go to andrewzimmern.com.*

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AT THE SUMMIT

WHAT HAPPENS WHEN FOUR MILLENNIALS DECIDE TO BUILD A TOWN FROM SCRATCH?

BY CHRIS CLAYTON

Imagine playing a real-life game of *The Sims*, in which you could build a town from scratch based on your interests and values. You'd control everything from the types of retail to the square footage of the housing. High in Utah's Wasatch Mountains, this fantasy is coming true for four entrepreneurs creating their version of utopia. When completed, the town will be a cross between a quaint mountain village and a model community for a certain stripe of modern progressive. Homes and businesses will be sustainably built. Restaurants will have a farm-to-table bent, retail will be nonchain and community-minded, and hotels will be boutique in size and aesthetic.

A cynic might say it sounds a lot like a 21st century commune. But talk to the guys behind the development, which they're calling Summit Powder Mountain, and it's hard not to admire their idealism—not to mention the big-name investors behind the project, who include Richard Branson and Island Records founder Chris Blackwell. "We're building a public town for an emerging culture of people," says co-founder Elliott Bisnow. "[A town] for the 'Kickstarter culture'—people who can dream anything, build anything."

Bisnow's dream began in 2008 with an itch. In the face of the economic downturn, the young entrepreneur, then 23, helped his dad build a thriving e-newsletter business. But he wasn't entirely satisfied. "I felt like an island among other islands," says Bisnow. "I wanted to meet other people starting businesses." Driven by some combination of millennial pragmatism and old school chutzpah, he cold-called other rising impresarios and offered them an all-expenses-paid ski trip to Park City, Utah, in exchange for whatever organic networking that might occur in between the partying and powder runs.

Nearly everyone he invited said yes (hey, free trip), but these weren't slackers off the street. Attendees included the founders of CollegeHumor.com and Ben Lerer, head of dude-culture media giant Thrillist. Bisnow put $15,000 on his credit card and crossed his fingers. The informal meeting of the minds went so well that he did it again in Playa del Carmen in 2009, this time upping the number of guests and his own investment.

Among those who showed up in Mexico were TOMS shoe founder Blake Mycoskie and Scott Harrison, head of Charity: Water. The two business owners opened Bisnow's eyes to the entrepreneurial notion of "doing well by doing good"—that is, making money for you and your employees while giving back, whether that means donating shoes or clean water. Bisnow realized that his view of success might be sort of shallow. "I grew up with the MTV *Cribs* mentality," he says, referencing the defunct cable show where celebs showed off their McMansions. "I always thought that was the top—the car, the house—that's what happens when you make it."

Galvanized, Bisnow decided that rather than organizing conferences and events as a means to a monetary end, he would try something kind of radical—at least for a capitalist in his early 20s. He would build a community driven by altruism as much as profit. From those initial gatherings sprang an event company, Summit Series, founded by Bisnow and three other entrepreneurs: Brett Leve, Jeff Rosenthal, and Jeremy Schwartz.

Word spread about the star power showing up at Summit's events, and in

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March 2009 the White House tapped Summit to arrange a meeting with President Obama and the founders of Twitter, Zappos, YouTube and other Internet start-ups. Then came a fundraiser for the Clinton Foundation at Russell Simmons' NYC apartment, and after that a 1,500-person cruise in the Bahamas—a sort of TED at sea for a new generation of entrepreneurs. The cruise drew special guests such as Branson and The Roots, and it helped raise nearly $1 million for marine conservation efforts in the Caribbean.

Today, some 10,000 people have attended Summit's ticketed events. But not satisfied with merely being conference producers, philanthropists and power brokers, Bisnow and his partners have turned to real estate development. After attending a Summit Series conference a few years ago, venture capitalist Greg Mauro approached its four founders with a pie-in-the-sky idea for giving their company a permanent home at Powder Mountain, a small ski resort in Utah.

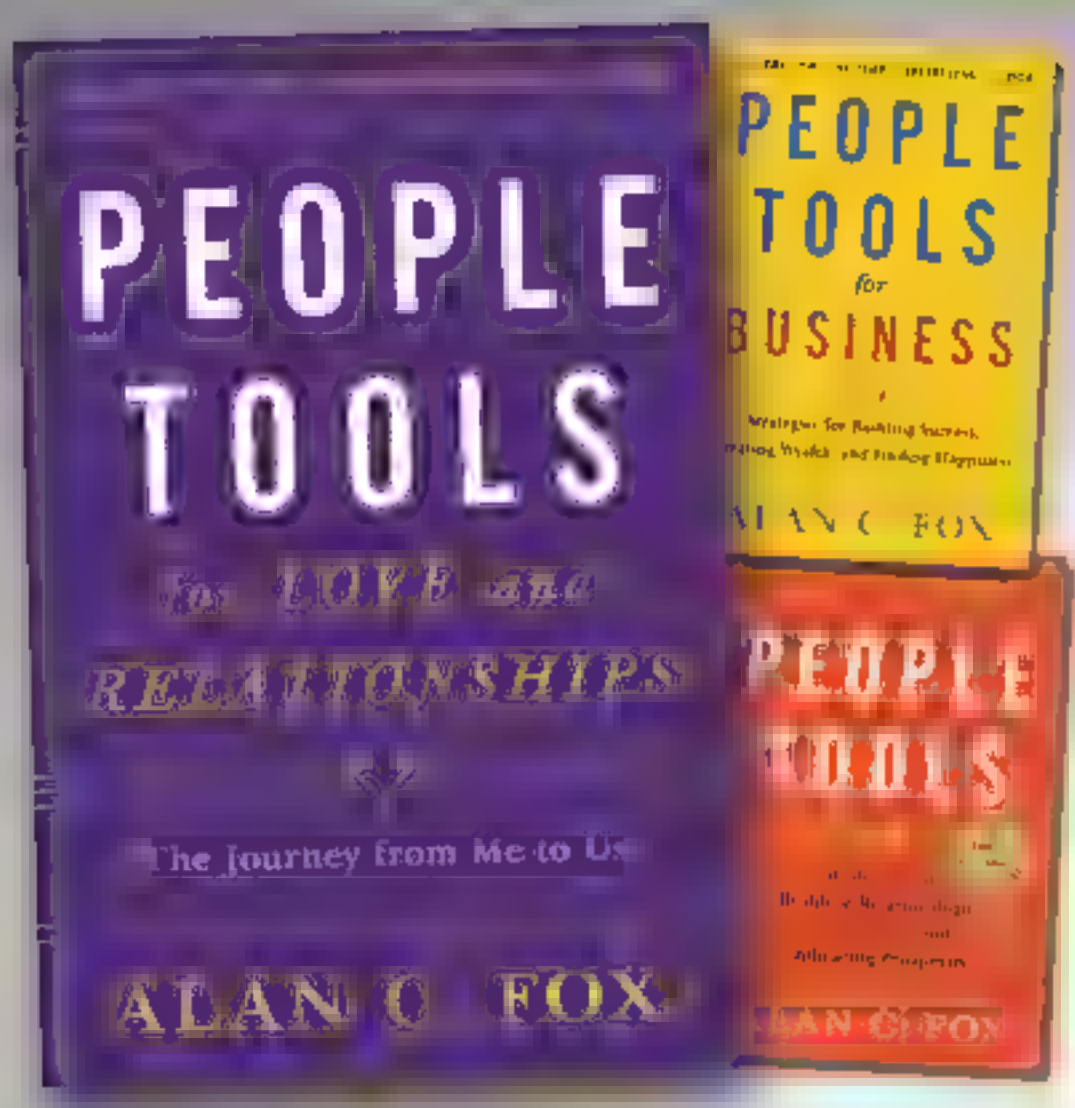
The avid skiers and outdoorsmen behind Summit loved the idea of living and working in a beautiful natural setting. In 2013, they dipped into their extensive network and raised a reported $40 million to buy Powder Mountain, which they've since spiffed up and currently own and operate. The company then used millions in bond money from the county to build infrastructure for their future town, which will sit at the mountain's summit.

When all is said and done, the incorporated development will consist of 500 homes as well as retail, hotels, public biking trails and other amenities—all designed with an eye toward community. Professional athletes and Hollywood producers have purchased home sites, but Summit co-founder Jeff Rosenthal says the town will be more inclusive than your typical high-end ski village. "If it were just a bunch of wealthy people hanging out together, that's a pretty boring atmosphere," he says, adding that while some homes will be as large as 2,000 square feet, others will be more affordable, including cottages and small condo units.

So where does altruism fit into all of this? A small-scale example is Summit's artist residency program, which brings in creatives from around the world to work and play in the pristine alpine setting.

Although Summit will continue to expand its conference series around the world (its second Summit at Sea event occurs next month), Bisnow says its literal and figurative epicenter will be in Utah: "We want to attract this demo of good, hard working folks who are passionate about the lives they're living and what they're putting into the world."

The Ultimate Guide to Great Relationships



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WINE FLIGHT

TOP TASTER WINE CHALLENGE FOR EVERYONE

Andrea Robinson, *Master Sommelier*

This month Delta showcases New York City's most talented wine palates at the **New York City Wine and Food Festival** "Top Taster" blind wine challenge which I co-host along with fellow master sommeliers from the city's top restaurants. It takes successful sommeliers years of practice to master all of the classic wine styles, but we begin our training and learning—as can you—with wine types that are both delicious and extremely distinctive. Here is a good place to start

New Zealand Sauvignon Blanc The classic "tell" of this wine type among global wine experts is gooseberry, but since I had to travel all the way to South Africa before I ever encountered one I share the more accessible attributes cut grass (think lawn mowing), intense passion fruit, pungent lime and green pepper. Check out a textbook example for yourself in flagship Delta Sky Clubs: **Matua Sauvignon Blanc** from New Zealand's iconic Marlborough region.

French Champagne: Many sparkling wines around the world use the same grapes (pinot noir, pinot meunier and chardonnay) and bubble-forming fermentation method as Champagne, but no other region has the chalky soils that ensure Champagne's lick-no-other yeasty-creamy-racy-richness. Depending on your destination, Delta One flights feature **Jacquart** or **Deutz Champagne** for your practicing pleasure, and Sky Club visitors can try two of the classics, **Perrier-Jouet** and **Taittinger**. All of these selections are Brut style meaning totally dry

Coonawarra Cabernet Sauvignon: This little pocket of South Australia is famous for terra rossa an iron rich clay over limestone soil that yields cabernets with an intense minty-eucalyptus scent that helps even novice tasters peg it in a wine-by-the-glass lineup

Of course, classic wine styles from all over the world are fair game for the Top Taster competition, so I am not revealing any hints with these tasting tips But I do hope they may inspire you to start your own blind tasting training and maybe you join us for next year's challenge Game on.

Andrea Robinson is a Master Sommelier and one of only 32 women in the world to earn the MS designation. For more go to andreawine.com

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NASHVILLE

THERE'S MORE THAN ONE WAY TO DISCOVER A DESTINATION

BY JASON OLIVER NIXON

WELCOME TO MUSIC CITY, perhaps the hottest destination in America right now. Cutting-edge cooking crashes into top-tier hotels and shopping destinations (think Wilder, White's Mercantile, Peter Nappi) — all paired with a sizzling side of music and Southern hospitality. Throw in history, A-List celebrities and stunning architecture (the Parthenon!) and the combination is combustible. Music lovers will be in seventh heaven and can enjoy everything from iconic studio tours to bluegrass. Foodies will flock to the Goldberg brothers' eateries, and history buffs will tap up the Civil War battlefields and the area's period homes. In the words of Carol Channing, "There's nothing like Nashville for making records."

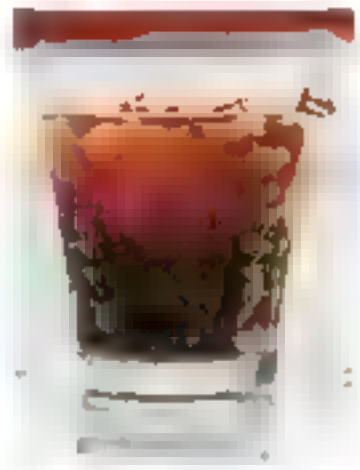
BNA

PHOTOGRAPH BY HOLLIS HENRIE

NASHVILLE

STYLE SEEKER

WHERE TO STAY
The 404 Hotel
This is the ultimate boutique hotel, a stunning, modernist gem with only five rooms that sits in the heart of the hopping Gulch nabe. Enjoy the contemporary photography, custom furnishings and chef Matt Bolus' menu at The 404 Kitchen. *the404nashville.com*



BREAKFAST
Crema
Brilliant coffee and composed coffee drinks. Make sure you try the macaroons from Litterly Nashville. Also, the outdoor seating offers one of the best views in town, so kick back and relax. *crema-coffee.com*

MUSIC LOVER

WHERE TO STAY
Loews Vanderbilt Hotel
Musical elements set the scene at this chic 340-room hotel. A wall-length mosaic of Hank Williams album covers competes with rooms outfitted with guitar straps on the headboards, nail head-trimmed curtains and concert memorabilia. *loewshotels.com*

MORNING
Downtown Nashville
Head downtown early to sip coffee at Frothy Monkey and snag breakfast at Puckett's Grocery & Restaurant (Justin Timberlake digs the turnip greens). Then tour historic Ryman Auditorium, the so-called "mother church of country music."

HISTORY BUFF

WHERE TO STAY **Union Station Hotel**
Housed within the city's former train station, circa 1900, this hotel pairs dramatic architecture with the intimacy of 125 rooms. Lap up the glamorous, eye-popping lobby before paying a visit to nearby Music Row and The Frist Center for the Visual Arts. *unionstationhotelnashville.com*

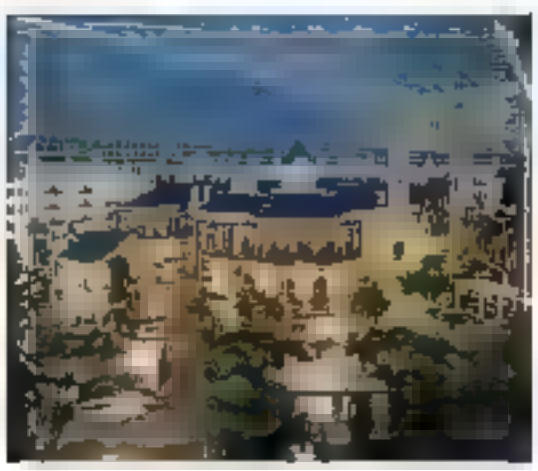
MORNING **Historical Tour**
Take a Civil War tour through the battlegrounds near charming Franklin, Tennessee, or visit President Andrew Jackson's stunning and beautifully restored Hermitage estate. *thehermitage.com*

FOODIE

WHERE TO STAY
The Hermitage Hotel
Open since 1910, The Hermitage has wowed generations thanks to its gracious Beaux Arts-style architecture. Foodies should head to the Capitol Grille in the basement then grab a nightcap at the iconic Oak Bar. *thehermitagehotel.com*

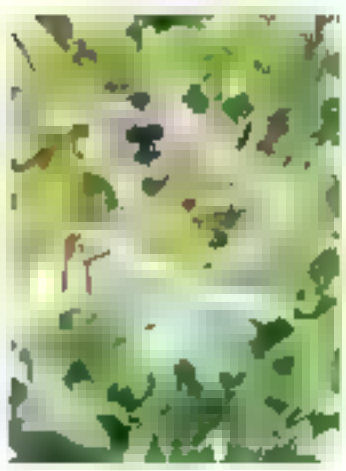
BREAKFAST
Biscuit Love
Located in the hip Gulch neighborhood, this one-time food truck gone brick-and-mortar is a must for the Princess, a biscuit with Nashville-style "hot chicken" pickles, mustard and honey. We love the donuts and the Southern benny, too. *biscuitlovebrunch.com*

FAMILY TRAVELER



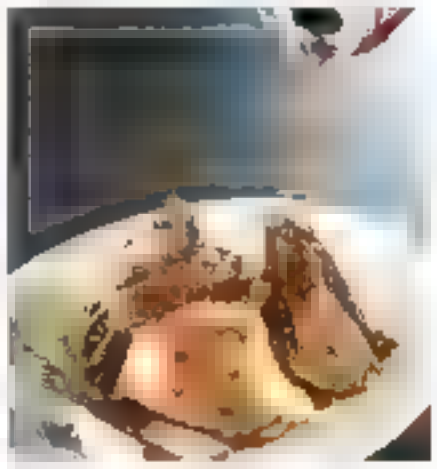
WHERE TO STAY
Gaylord Opryland
The whole crew will love the action tucked under the sprawling glass domes at this equally sprawling resort (2,882 guest rooms.) Boat along the 1/4-mile indoor river among the tropical plantings, enjoy the fountain show or splash about in one of the three pools. *marriott.com*

MORNING
Nashville Zoo at Grassmere
While you could spend a couple of hours on the sprawling tree house jungle gym, don't forget to feed the lorikeets, pet a kangaroo and stop into the Critter Encounters exhibit. *nashvillezoo.org*



AFTERNOON 12South
If you're in the neighborhood on a Tuesday, start with the 12 South Farmers Market. From there you can walk to Imogene + Willie for hand-tailored jeans and to White's Mercantile, owned by Hank Williams Jr.'s daughter, Holly.

DINNER 5th & Taylor
THE place to eat right now, this eatery pairs industrial stylings with an American menu in Germantown. Sample chef Daniel Lindley's beer-can chicken as you look upon the sculpture of Revolutionary War hero Francis Nash. *5thandtaylor.com*



LATE NIGHT
bar308
Open until 3 a.m., this hipster lounge does cocktails just right. They also make their own colas and pair the house-crafted concoctions with live music and DJs. *bar308.com*

LUNCH
Marché Artisan Foods
Head to East Nashville, the unofficial enclave of struggling musicians and creatives. Hit up Marché for a bite—Jack White's a regular—and get there early to land a coveted window seat. *marcheartisanfoods.com*

AFTERNOON
East Nashville & Midtown
Stroll through East Nashville and scope out boutiques such as Fanny's House of Music for new and vintage instruments, followed by a coffee at Barista Parlor. Then head to Historic RCA Studio B and other recording houses on Music Row.

EVENING
The Listening Room Café
Nashville's a drinking town, so if you like your libation paired with a live music performance, pull up a seat at The Listening Room and grab a local beer on tap. *listeningroomcafe.com*

LUNCH
Merchant's
Housed in the circa-1892 Merchant's Hotel, this old timer was overhauled by local culinary stars the Goldberg brothers (The Catbird Seat, Pinewood Social). Think casual fare on the ground floor (mac 'n' cheese, sweet tea pork loin) and more formal upstairs (grilled scallops with summer squash). *merchantsrestaurant.com*

AFTERNOON
Historic RCA Studio B
Visit Historic RCA Studio B to learn about the recording industry in Nashville and how Elvis recorded more than 260 songs here. Then take a drive to Belmont Mansion, a historic 1853 home and museum. *belmontmansion.com*

DINNER
The Standard at the Smith House
Housed in the oldest home in Nashville, this elegant eatery is known for dishes such as Gerber Farms chicken with blackberry, grits and squash. *smithhousenashville.com*

LUNCH
Chauhan Ale & Masala House
The new darling of the dining scene in Nashville, this modern Indian gastropub is the brainchild of *Chopped* judge and chef Maneet Chauhan. Kick off with the Indian "meat and three" thali, and finish with the "kheer gulab jamun" sundae. *chauhannashville.com*

COCKTAIL HOUR Josephine
Located in the 12South nabe, this atmospheric spot mixes neighborhood charm with inspired libations such as the Bee's Knees and the Chef's Special (bourbon, Aperol, orange juice and lemon). *josephineon12th.com*

DINNER Rolf & Daughters
Head to this book-well-in-advance eatery in up-and-coming Germantown. While a celebrity sighting is almost guaranteed, you'll want to focus your attention on the food, particularly chef Philip Krajeck's rustic pastas. *rolfanddaughters.com*

LUNCH
Puckett's Grocery & Restaurant
If you get there before 11 a.m., try the sweet potato pancakes or biscuits. Or opt for all-American favorites such as pulled-pork BBQ or fried chicken. Plus, there's live music almost every day. *puckettsgrocery.com*

AFTERNOON
Country Music Hall of Fame & Museum
Kids can enjoy special activities such as designing an album cover, while instructors at the Taylor Swift Education Center offer guidance to budding musicians. *countrymusichalloffame.org*

DINNER
General Jackson Showboat
Spend the evening "rollin' down the river" on this cruise which includes dinner, a toe-tapping show and gorgeous views. *generaljackson.com*

For more must-see spots in Nashville, visit delta.com/skymagazine.

SEE PAGE 45 FOR PHOTO CREDITS

Queen of the SILVER LINING

GIVE HER FAITH, FAMILY AND FRIENDS, AND *GOOD MORNING AMERICA*'S ROBIN ROBERTS SAYS SHE CAN HANDLE ANYTHING.

BY DEBORAH CAULFIELD RYBAK

It's a lineup of bad news that would make even a pessimist balk. Since 2004, *Good Morning America* co-anchor Robin Roberts has faced two life-threatening health events. She saw her hometown of Pass Christian, Mississippi, devastated by Hurricane Katrina and she said goodbye to both her parents—beloved mainstays of her close-knit family. While other people might have felt only despair and sorrow, Roberts has experienced healing, teaching and learning moments that she has shared openly with viewers.

"That's my 'brand,' if you will," Roberts says. "Some people say, 'Oh, can you find the good in everything?'" She laughs. "It's not easy, but I'm going to give it a shot."

The long, lean fashionista with the megawatt smile chats on the phone during a break from her co-anchor chair on ABC's top-rated morning show, preparing for a quick trip home to help her older sister, Dorothy, open a new store, Robin's Nest in the Pass. Her longtime partner, Amber Laign, was out West at Burning Man, which is "not for me," Roberts confesses. "Roughing it for me is not having 24-hour room service. I could have gone anywhere, but I wanted to go home. I love spending time with my family."

It would be easy to paste a Pollyanna label on Robin Roberts. In her two books, *From the Heart: Seven Rules to Live By* and *Everybody's Got Something*, the college basketball star-turned-morning television luminary is fond of quoting adages such as "Let your passion be your purpose," "Make your mess the message" and "When fear knocks, let faith answer the door." But that label seems trite when you look at the soul-deep honesty and strength she brought to bear on her bouts with breast cancer in 2007 and, five years later, a rare blood disease, myelodysplastic syndrome, that required a bone marrow transplant just days after her mother's sudden death.

"I think the *Good Morning America* audience senses what those around her have always known: Baby sister is the real deal," says her sister Sally-Ann, a top-rated New Orleans TV news anchor. "But no matter how high she soars in life, Robin always remains grounded in love of family and friends."

Her family is her strongest foundation, followed by Laign, her friends and her faith. She refers to her parents often—Lucimarian was the first African-American member of the Mississippi State Board of Education and Lawrence was a pilot with the legendary Tuskegee Airmen during World War II—as well as her two older sisters and brother, Lawrence Jr. Roberts carries a devotional book, *Streams in the Desert*, which was her grandmother's constant reference, and she credits her family with instilling the principals of "discipline, determination and da Lord."

Morning television has long been the stomping

grounds of Perk, Bubble and Bounce. That's not Roberts. Instead, she brings an athlete's focus and drive to her on-air presence, serving as the warm sun around which colleagues George Stephanopoulos, Lara Spencer, Amy Robach and Ginger Zee revolve.

Roberts says her decision to share her hardships and triumphs with her television audience initially worried friends such as her former co-anchor Diane Sawyer and CBS' Gayle King. "They wanted me to just concentrate on getting well," she recalls. "But what can I say—I'm Southern. There are no strangers, just people we haven't met yet. For some people, it's draining to open themselves up and interact with people. I draw strength from it, it energizes me. My mother always said, 'That's why you share your message, so people don't feel alone.' Plus, if you give out good, it comes back to you tenfold."

Audience support was instantaneous, and Roberts' messages—to get mammograms and register as bone marrow donors—resonated further than just ABC. The response led Roberts years later to strongly support colleague Robach's decision to undergo an on-air mammogram, which resulted in a breast cancer diagnosis, as a way to encourage women to be screened. Still, Roberts sees neither health event as defining her life. "They're just chapters. I feel like I'm a walking, breathing symbol of 'This, too, shall pass.'"

Besides her health victories, Roberts has overcome other situations that might spell disaster for others. As a cub sports reporter in Nashville, she was minutes away from an on-air report when she realized she'd left her tape of sports highlights back in her office, a long way from the studio. She sprinted for the tape and arrived back at her chair just as her segment began, only to find herself too breathless to speak. She started laughing as she told viewers what just had happened. Instead of doom, the station was deluged with calls of delight.

Years later on ABC, reporting live from Pass Christian after the Katrina disaster, she thought she had committed what she called "career suicide," breaking into tears on the air when asked if she had found her missing family members. Again, audience support for her surged, and both episodes were harbingers of her current status as one of the most popular news broadcasters working on television.

TOP: Robin Roberts returns to *Good Morning America* in August 2007 after undergoing surgery for breast cancer. BOTTOM: Amy Robach, Michael Strahan, Robin Roberts, Lara Spencer, George Stephanopoulos and Ginger Zee on the set of *Good Morning America*.

"Had it not been for Katrina and letting my guard down, I might not have shared my breast cancer journey," Roberts says. "I realized everybody's got something. How do we get past it? How do we get past a divorce, your home being destroyed or breast cancer? I don't care what you're diagnosed with. You just want to feel like you're in the game." She adds dryly, "Sorry about all the sports analogies, you can tell I have a sports background."

And sports remains her first love. As a child, she wanted to be a tennis star, but her burgeoning height (she is 5-foot-10) made basketball a better option. She received a scholarship to play for the Lady Lions at Southeastern Louisiana University but quickly realized that professional basketball wouldn't be a viable career path. It was her sister Sally-Ann who suggested she pursue broadcasting, advice Roberts followed into jobs at stations in Hattiesburg, Biloxi, Nashville and Atlanta. Soon ESPN beckoned, and she spent the next 15 years in what she described at the time as the "best job in the world." That led to interest from ABC, and she joined the network in the 1990s, moving to *GMA* as the show's newsreader in 2002, to the anchor desk in 2005 and succeeding Diane Sawyer in 2009.

"I learned from the absolute best in the business," she says, referring to former *GMA* hosts Charles Gibson and Sawyer. "They were so gracious, and I want to emulate that."

Despite the punishing hours (she is up at 3:15 a.m. on weekdays), "I love *Good Morning America*," she says. "I love the name of the show. I get to say good morning to America. I'm eternally grateful for my career."

Not resting on her anchoring laurels, she last year launched her company, Rock'n Robin Productions. Her first project was an hour-long look at Katrina 10 years later, which aired on ABC in August.

And if there's one thing Roberts says she has learned from her health hardships, it's to take a more spontaneous approach to life. "I know I'm always telling people that they've got to have a game plan," she confesses, "but I'm just treasuring where I am now."

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THE WORLD'S BEST SPAS

ULTIMATE

ESCAPES

IN THIS INCREASINGLY HECTIC, ON-THE-MOVE, ALWAYS-ON CULTURE, MORE AND MORE TRAVELERS ARE LOOKING FOR WAYS TO UNPLUG WITHOUT COMPLETELY GOING OFF THE GRID. FROM URBAN OASES TO CARIBBEAN RETREATS AND ALPINE ESCAPES, THESE ARE SOME OF THE BEST SPAS AROUND THE WORLD. BY CELIA SHATZMAN WITH ELIZABETH DEHN

THIS PAGE: A treatment room at Dorado Beach, a Ritz-Carlton Reserve in Puerto Rico. PREVIOUS PAGE: Relaxing between treatments at the Estrella Spa in Palm Springs.

The children's pool at the Estrella Spa in Palm Springs

Alchemy & Style in the Desert

ESTRELLA SPA AT AVALON PALM SPRINGS, PALM SPRINGS, CALIFORNIA

There's a reason Palm Springs has become a buzzing destination: chic hotels, hot springs, spas, famed midcentury-modern architecture and world-class golf courses—what's not to like? And this boutique hotel perfectly embodies the California lifestyle with its Kelly Wearstler design and the American Medicinal Arts as its spa guru.

A collective of holistic herbalists, healers, designers, entrepreneurs and cultural leaders, AMA focuses on alchemy and holistic health—a mission that's reflected in its unusual treatments. The Waxing Moon Phase Ritual, only offered from the new moon to full moon, starts with a rich full-body exfoliation with Fair Trade ingredients, including sugar, organic shea butter and jojoba oil, a full-body moisturizing rubdown that zones in on a hand and foot massage; a warm oil scalp treatment with palmarosa and anise; and a facial with bilberry, licorice and Saint John's wort to restore and plump skin. Then there's build-your-own herbed oils, life coach sessions and therapeutic yoga, plus guided bike tours, hikes and meditations.

Off property, the main shopping district along Palm Canyon Drive features on-point restaurants (catch breakfast at Cheeky's), vintage boutiques (Déjà Vu Vintage Finery) and chic design shops (Modernway). Coachella Valley boasts great hiking, biking and horseback riding, and Joshua Tree National Park is a 45-minute drive away. It's worth the trek to see the striking desert landscape and intriguing geological structures. For a view from the top, take the Palm Springs Aerial Tramway two and a half miles up the cliffs of Chino Canyon.

Explore the renowned arts scene at the Palm Springs Art Museum—with special exhibits such as *Contemporary Glass*, showcasing a variety of glass sculpture—and get the scoop on local architecture at its new Architecture and Design Center just a few blocks away. *avalonpalmsprings.com*

Mediterranean Retreat

SHA WELLNESS CLINIC, ALICANTE, SPAIN

Travelers from all over the globe flock to this 50,000-square-foot luxury health resort south of Valencia, Spain. Don't expect just massages here—the staff of 250, which includes renowned physicians, seamlessly integrate traditional Western medicine and Eastern therapies to curate a bespoke experience for each guest.

SHA is on top of health trends with its Telomere Length Analysis, advanced gene testing that determines a patient's "actual" age versus his or her biological age. The new Cognitive Development Unit has groundbreaking programs and activities to optimize brain function, pinpointing areas where guests are vulnerable to diseases such as Alzheimer's and prescribing prevention solutions such as mental exercises.

SHA has pools, fitness areas and more than 80 treatment rooms, and guests can explore everything from natural therapies to aesthetic medicine and cognitive stimulation. Each person has an individual nutrition program, and a team of chefs whips up scrumptious macrobiotic meals. The spacious 93 guest suites have terraces and views of the charming village of Altea and the Mediterranean. Between treatments and relaxation time, there are plenty of complimentary activities to keep you busy on the property, including yoga classes, Pilates, meditation, health talks with visiting speakers, macrobiotic cooking classes, morning walks to the beach and other surrounding areas, and a nightly movie in the on-site theater. Those who want to explore on their own can wander around the old town or take a 10-minute drive to the beach. *shawellnessclinic.com/en*

ALPINE ESCAPE

KRONENHOF SPA AT GRAND HOTEL KRONENHOF, ST MORITZ, SWITZERLAND

Every area of this 2,000-square-meter spa has views of the Swiss alpine forest, water or mountains, so nature is well integrated into its state-of-the-art facilities. The hotel has a swimming pool, steam room, relaxation floating grotto with underwater music, saltwater grotto, sauna, footbaths, solarium, gym and hair salon. *kronenhof.com*

ISLAND TIME

THE SPA WITHOUT WALLS AT FAIRMONT ORCHID, BIG ISLAND, HAWAII

Local traditions and ingredients are incorporated into this spa on the Kohala Coast, where the sound of soothing water and the sight of palm trees, white coral and black lava set the scene in eight waterfall huts and six oceanside huts. The Hiwahiwa treatment features a mamaki volcanic foot wrap that's the ultimate stress reliever. *fairmont.com/orchid-hawaii/spa*

PARADISE FOUND

THE PALMS TURKS & CAICOS

Spanning more than an acre, the treatment rooms here surround a reflecting pool. Many of the treatments are inspired by Caribbean traditions, the Mother of Pear features crushed conch shells blended with aromatherapy oil for a full-body exfoliation. *thepalmstc.com*

OPENER AND PREVIOUS PAGE: JESSICA SAMPLE (ESTRELLA SPA)

SWEET RETREAT

RANCHO LA PUERTA, TECATE, MEXICO

The newest option at this spa destination south of San Diego is the Xocolatl Skin Replenishment, which has a fun DIY spin. Guests make the chocolate mask their therapist will use on them in the 90-minute treatment. Skin is restored and calmed with a body butter scrub made of sugar and cacao butter followed by a mask of yogurt and honey. *rancholapuerta.com*

WHOLE LIVING

VILLA STÉPHANIE, BADEN BADEN, GERMANY

This luxurious destination spa is all about an integrated approach to health, blending beauty, well-being and medicine. Haus Julius, its medical branch, boasts top experts in their fields. A focus on nutrition and fitness programs means you'll leave the spa transformed mentally and physically. *villastephanie.com*

FIVE-STAR CHIC

CHATEAU SAINT-MARTIN & SPA, VENCE, FRANCE

As if the gorgeous views of the French Riviera weren't enough to brag about, the Spa Saint-Martin Sisley is just one of 23 exclusive Sisley-Paris spas in the world. Aiming to meld nature with well-being, the spa's many botanical treatments include a phytoaromatic massage in the garden gazebo. *chateau-st-martin.com*

Tropical Bliss

SPA BOTÁNICO AT DORADO BEACH, A RITZ-CARLTON RESERVE, PUERTO RICO

Nestled within a pineapple garden, this five-acre spa oasis in Puerto Rico lives up to its name with its focus on nature. The scents of bay rum, leaves, lemongrass and ginger waft over to two open-air Tree House treatments rooms, where guests can bliss out during a hammock massage. Sway back and forth while a therapist under the hammock works the pressure points on your back, hands and feet. The resort recently added a spa menu just for gents, including the Four Point Tune-Up: a head, shoulder and neck massage; a facial and neck hair groom; a foot and hand massage; and a nail trim and buff. *ritzcarlton.com*

White-Hot Spot

THE SPA AT VICEROY, MIAMI

The grandiose spa at the Viceroy is exactly how you picture a luxury spa in Miami: The intoxicatingly chic 28,000-square-foot space was designed by Philippe Starck and boasts floor-to-ceiling windows overlooking Key Biscayne and Biscayne Bay. A yellow chandelier with 4,000 pieces of Murano glass is the accent piece over the sprawling Water Lounge with a floating library, reflecting pond and hot and cold plunge pools. The spa also has redwood saunas and a eucalyptus steam room, a party room, a refreshment bar and even its own movie theater. Can't-miss treatments include the new BABOR Reversive Anti-Aging Facial, aimed at restoring radiance while reducing fine lines through a firming massage, and Raindrop Therapy—seven essential oils fall like raindrops along your spine, combining massage, reflexology and stretching to relax you physically and mentally.

If you want something a little more labor intensive, hit the spa's gym for a barre session or Surfset class, which simulates the real deal to build lean muscle and blast calories—or try the cardio theater, yoga, Pilates or spinning studio. Afterward, recover at the two-acre pool deck with its viewing deck, wading pool, 80-person (!) hot tub and the longest infinity-edge pool in Florida. The view is even better when you order a coconut infused with your favorite rum. After dark, party at FIFTY Ultra Lounge and admire the rooftop views with DJs spinning on weekends.

Nearby in downtown Miami is NAOE, serving arguably the best sushi in town—but don't expect a menu, as the chef prefers to surprise his guests. The Design District is also just 10 minutes away from the property, with great boutiques and an impressive restaurant scene, including Michael's Genuine Food & Drink for dinner and Crumb on Parchment for lunch. Venture to Little Havana for an authentic Cuban experience. *viceroyhotelsandresorts.com*

EASTERN OASIS

ANANTARA SPA AT THE PULI HOTEL & SPA, SHANGHAI

Much like the city of Shanghai itself, the ancient merges with the modern at The Puli Hotel & Spa, centrally located in the Jing an District. Old healing philosophies from China, Thailand and India get a contemporary spin, with a spa menu inspired by the healing powers of tea. The popular Thai Herbal Compress Massage starts with a warm herbal poultice filled therapeutic Thai herbs and spices followed by a full-body massage. Post treatment, go for a dip in the 82-foot infinity lap pool overlooking Jing an Park. thepuli.com

COURTESY OF LA STÉPHANIE (COURTESY OF CHÂTEAU SAINT-MARTIN & SPA COURTESY OF DORADO BEACH, ARE OF RESERVE SPA BOTÁNICO AT DORADO BEACH; COURTESY OF THE VICEROY SPA AT VICEROY MIAMI)

STEPHAN DISCATA

Spa Amoré

ABANO GRAND HOTEL,
ABANO TERME, ITALY

Located 30 miles and an easy train ride from Venice, Abano Terme has long been overshadowed by its grander sister by the sea and overlooked by gondola-happy tourists who don't know it exists. But the small, unassuming town nestled in the lush Euganean foothills in the province of Padua is one of the oldest resort areas in Europe and has something that no canal can claim: hot springs.

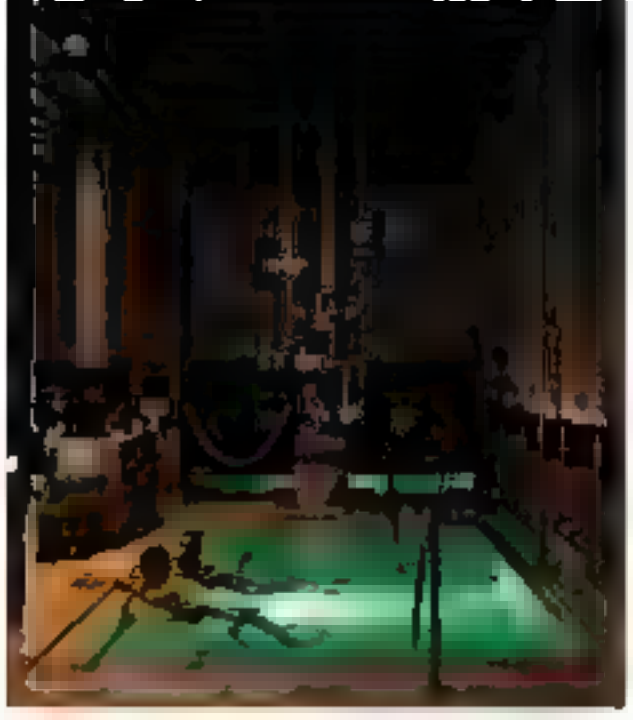
Used medicinally since Roman times, the thermal water in Abano Terme reaches depths of 10,000 feet and 186 degree Fahrenheit. It's cooled to body temperature before filling the hotels' pools. Mineral-rich and free from bacteria and pollution, thermal water can alleviate back pain and aching muscles, relieve respiratory issues when inhaled and soothe skin disorders. My stubborn eczema vanished after just two days of floating in the warm pools.

Although there are dozens of spas in Abano Terme, from boutique hotels to public pools, the most luxurious way to experience the region's natural resources is by staying at the city's crown jewel, the Abano Grand Hotel. It's the only five-star "deluxe" hotel in the province, a sought-after designation that basically means you'll never lift a finger during your stay. Believe me, I tried.

To truly appreciate the abundance of Abano Grand, you need to leave two things at home: expectations and inhibitions. The former is particularly essential if you're more accustomed to stateside spas. Yes, there will be plenty of fluffy robes, fresh-pressed green drinks and obscene amounts of scalp massage, but that's where the similarities between most American and true European spas such as Abano Grand end.

In Italy, thermal treatments are just that: treatments, often medically sanctioned and covered by insurance. A deep-tissue massage isn't considered a luxury, it may literally be a prescription for alleviating stress or injury. All of Abano Grand's therapeutic treatments are developed and overseen by the medical team. Although you are welcome to select wellness treatments from an extensive and exotic-sounding menu, guests undergo a physical assessment to determine their recommended therapeutic regimen.

"Just like you might meet friends for happy hour, Italians say, 'Let's go to the thermal,'" says Chiara Borile, whose family owns the Abano Grand along with four other spa-hotels in the town. "It's part of our culture." —*Elizabeth Dehn*



Water Wor d

AIRE ANCIENT BATHS, NEW YORK CITY

As soon you as enter the serene Aire Baths, t leers l ke you re a world away from the b.zzy Tribeca ne ghborhood outside Housed in a historic bu ld ng A re puts an intrigu ng spin on the Greek and Ro man bathhouse trad t on The dark candielit baths are located underground giv ng t a mysterious, romantic vibe Des gned to ac tivate all t ve senses and soothe the body and mind different thermal baths of various temperatures fi the 16,000 square foot space includ ng an ice pool and a salt-water f otarium There s also a steam room w th aromatherapy, a relaxation area where you rest on hot marble stones and a treatment room overlooking the baths. Opt for the Red W ne R tual, a 30 minute bath in red wine, to soak up the antioxidants and hydrate the sk n followed by a 90-minute four-handed body experience. Flamenco music fills the baths on Tuesday and Friday nights courtesy of a live acoustic band. *ancientbathsny.com*

The Royal Treatment

THERMES MARINS, MONTE-CARLO

Monaco is practically synonymous with elegant luxury, and this spa fits right in. The four-story wellness center overlooks the Med.terranean and is part of the Monte Carlo Société des Bains de Mer. Sea water and manual relaxation therapies take center stage here, as does its Cryotherapy Room—the only spa in Europe that boasts one. Already famous as an antiaging treatment in the Nordic countries and popular with athletes to speed up recovery time and performance, the Cryotherapy Room goes from 60° Celsius to 110° in just 180 seconds. Sessions can be used to treat everything from jet lag to sleep disorders, inflammatory diseases and even regular old stress. Massages and body treatments, such as the Gold & Champagne—a rich bath gold-infused scrub and a collagen body wrap—are on the menu, and the spa also features a hammam, sauna, solarium, fitness area, heated seawater pool, salons and boutique. L'Hirondelle, the spa's restaurant, is also a highlight, blending high gastronomy with holistic nutrition.

Explore Monaco 007-style by getting the James Bond experience at the Le Bar Américain and the striking belle époque Casino de Monte Carlo, which appears in *Never Say Never Again* and *GoldenEye*. Get your culture fix at the Prince's Palace, the official residence of the prince of Monaco. Built in 1215 by the Genoese on the site of a fortress, you can trace history from the Renaissance through the Napoleonic era. Arrive at 11:55 a.m. to catch the daily changing of the guard, the Carabiniers du Prince. Visit the Monte-Carlo Pavilions to be dazzled by the futuristic architecture and stay for the shopping. The space was created to last only four years, correlating with the length of the renovations at Hôtel de Paris Monte-Carlo and the Sporting d'Hiver. *thermesmarinsmontecarlo.com*

COFFEE BREAK

KUO SPA AT COSTA RICA MARRIOTT SAN JOSE

Housed in a colonial hacienda on a former coffee plantation, the Kuo Spa is offering its first open-air nighttime treatment, the Candlelight Experience. Enjoy an invigorating scrub made from volcanic ash and coffee while relaxing among the *Coffee Arabica* trees. The treatment concludes with a glass of wine, chocolate-covered strawberries and scented hydrotherapy. *marriott.com*

DESERT FLOWER

MII AMO, SEDONA, ARIZONA

The natural, dramatic red rock landscape of Boynton Canyon is the perfect backdrop for this 16-room, all-inclusive destination spa. Its customized approach to physical, mental and spiritual therapies is a blend of the enigmatic vibe of Sedona mixed with Native American traditions. *miiamo.com*

BIG SPA COUNTRY

SPA TOWN AT THE RESORT AT PAWS UP, MISSOULA, MONTANA

You won't find the typical babbling brook spa tunes played here. Instead, nature provides the soundtrack, with an actual brook, birds tweeting and wind rustling in the trees. Get lost in this paradise of white treatment tents in a large meadow, where horses roam and pines provide shade. Kids and even pets have their own spa menu, while mom and dad can opt for the Montana Gold Rush, a massage with 24-karat gold flakes mixed with organic oil to leave skin firm and glowing. The spa director leads free outdoor yoga classes on select mornings with the mountains in full view. pawsup.com

RAYMONDPARK; AREAU; EPA; BATHS; MONTE; ARDSD; FTED S; BAINS DE MER THERMES MAR; S; GERRY O'LEARY; A RESOT; OMAN SPA.

Turkish Delight

TALISE OTTOMAN SPA, JUMEIRAH ZABEEL SARAY, DUBAI

Be transported to the Ottoman Empire at one of this spa's three traditional Turkish Hammams, built from marble and dark wood, with murals and mosaics adorning the sumptuous space. Chill out—literally—in the dazzling snow room, one of just four in the entire UAE, where they produce real snow. Inspired by the Finnish tradition of cooling off in the snow after the sauna, the cold temperature delivers a detoxifying effect as well as a metabolism jolt to improve skin tone while minimizing cellulite and wrinkles. The 86,000-square-foot spa also boasts 42 treatments rooms, eight hydrotherapy rooms, three steam rooms, eight saunas, flotation pools, three hot Jacuzzis, six hot stone beds, eight outdoor spa pavilions, two thalasso-therapy swimming pools, a beauty salon, a café and three relaxation lounges—as well as a fitness studio and full gym (phew!).

Go for a soothing swim in the almost 200-foot-long infinity pool overlooking the Arabian Gulf or head to the beach to relax in the sand—beach butlers will wait on you while your children stay busy at Sinbad's Kids Club. Top off a day of relaxation with a shopping spree at the hotel's Avenue of Indulgence, a carefully selected group of 16 premium boutiques. Jumeirah Zabeel Saray is also home to a 29-seat cinema, which hosts a variety of free screenings daily, as well as 10 restaurants and bars, including a supper club and a music hall with more than 10 live acts performed every night. If you like over-the-top resorts, Talise should fit the bill. *jumeirah.com*

THE NEW MEETING HOT SPOT

THE SOUTH CAROLINA STATE NEW TOWN CONVENTION CENTER

PROFILE

CAE

Columbia SOUTH CAROLINA

Columbia's skyline glows in a view from Jarvis Klapman Boulevard.

SEAN PAVONE & AMY

BUSINESS

TURNING UP THE HEAT

In South Carolina's capital city, business is hot. With thriving development and a visionary tech sector, Columbia is forging a new future.

TRAVEL

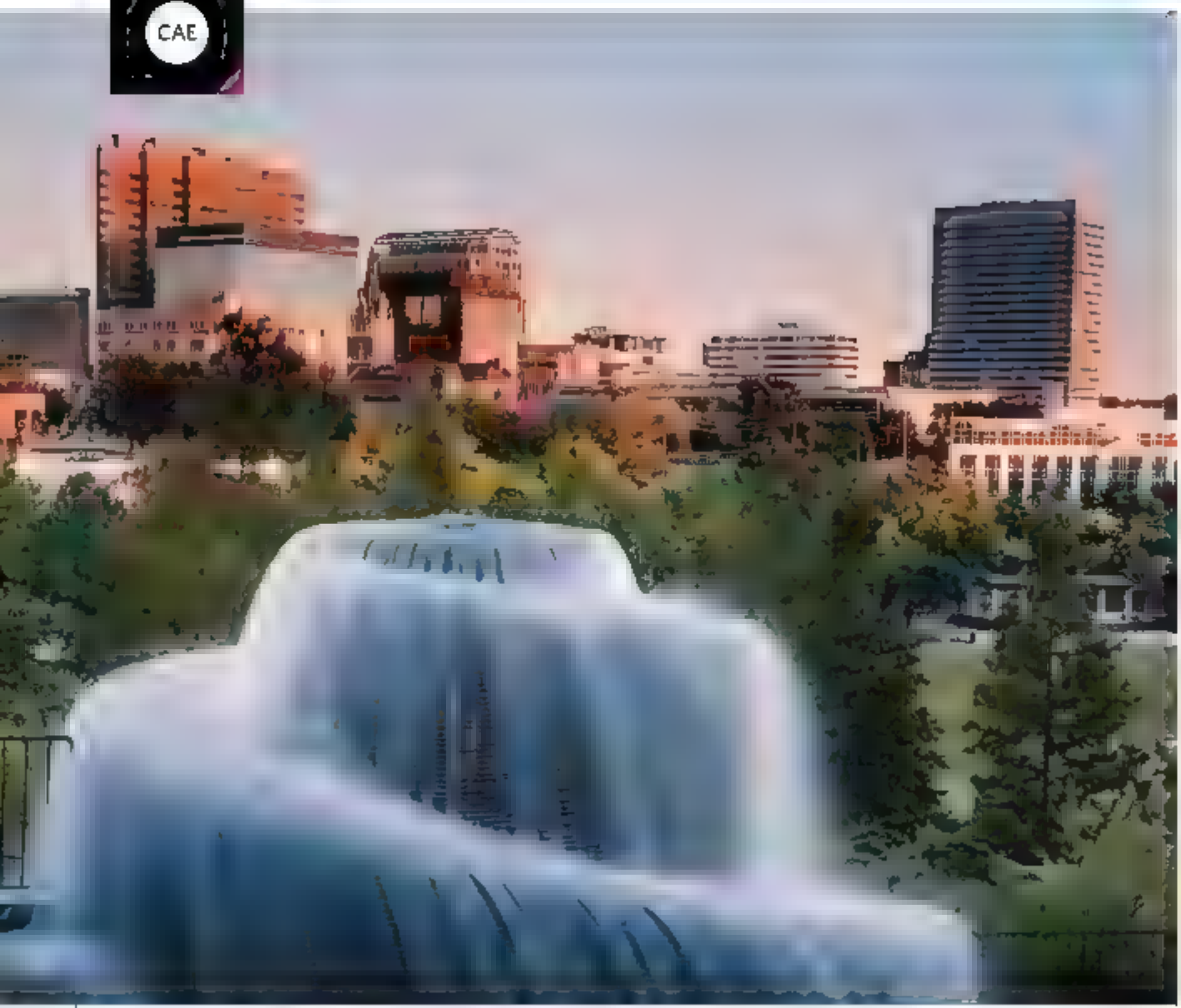
SOUTHERN HOSPITALITY

Get ready for a warm welcome. Columbia boasts living history and dynamic culture, all with a uniquely Southern spin.

Q & A

MAYOR STEVE BENJAMIN

The mayor shares what makes Columbia special—from must-sees to hidden gems.



Turning Up the Heat

COLUMBIA, SOUTH CAROLINA, GOES FROM STRENGTH TO STRENGTH IN ENVISIONING THE "NEW SOUTH"

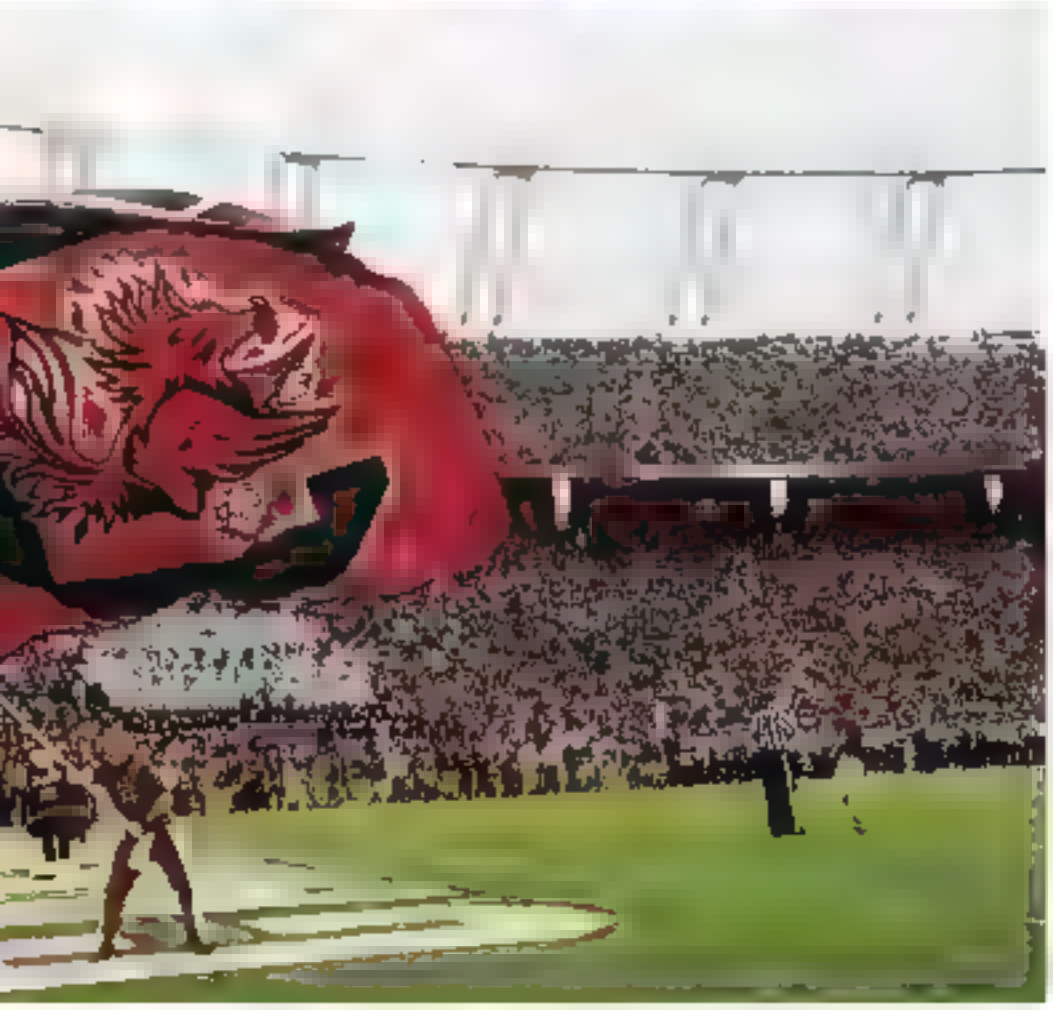
by **BRANDY WOODS SNOW**

▶ Flying high above the heart of the South Carolina sand hills, the casual observer might look out at Columbia and notice the elegance of the copper-domed State House, the natural vistas hugging the Congaree River, squared city blocks of office buildings, historical neighborhoods or a busy university campus.

From a distance, Columbia might pass for any other American city, but take one step inside and you will have realize there is something going on here—something electric that beckons both visitors and industries to take a closer look, abandon old notions and experience why Columbia is the face of the "new South."

It's an identity that has been enthusiastically championed by Mayor Steve Benjamin. "Great cities aren't born, they're made," says Benjamin. "Brick by brick, block by block, great cities are built to become something more than a loose conglomeration of neighborhoods and businesses, something more than the sum of their parts, something great. Columbia is not growing by chance. We're growing by choice, and that makes all the difference."

"Columbia is experiencing a renaissance," says Carl Blackstone, Columbia Chamber president and CEO. "The city is bubbling with anticipation as every day brings something new to our business landscape. Proactive and forward-thinking leaders are driving tomorrow's economy, and Columbia's growing confidence is the tipping point."



CLOCKWISE FROM FAR LEFT: Finlay Park Fountain; Nephron Pharmaceuticals Coporation; Dining at The Oak Table; Game day at the University of South Carolina's Williams-Brice Stadium.

RICHARDS AMES GETTY IMAGES (TOP); TAN ROBERT CLARK NEPHRON; SEAN RAYFORD VS JAN ABELL

A City of Connections

Centrally located in the midst of three major interstates, Columbia's connectivity is a desirable asset to industry. Spirit Communications, headquartered in Columbia and owned by 11 independent telephone companies, provides voice, data, Internet, fiber optic solutions and a full suite of cloud services to commercial businesses and government agencies. Ranked among the top 35 privately held firms in South Carolina, Spirit manages communications for more than 3,500 businesses and 200 government agencies.

The company is heavily invested in the community, bringing free public Wi-Fi to downtown, providing a dedicated network for public and private health care providers in rural South Carolina and investing in naming rights for Spirit Communications Park, an 8,000-seat multiuse venue and minor league baseball stadium that will house the Columbia Fireflies.

"We are delighted to make this investment in what we are sure will be one of the most important and transformative projects our home town of Columbia has seen," says Bob Keane, Spirit president and CEO. "Spirit and our owner companies have been a part of many big things here, ensuring modern technology is available to grow businesses throughout our state, as well as bringing technology to underserved rural areas and schools. Supporting Bull Street and our new home team is a natural fit."

Columbia Metropolitan Airport has experienced three consecutive years of growth and is in the midst of a $20 million-plus, multiyear capital improvement plan with several projects in progress geared toward improving efficiency and maximizing customer satisfaction.

"We work closely with our community partners to make the region a must-see place for visitors," says Bill Ellen, president and CEO Midlands Authority for Conventions, Sports and Tourism. "Last year, 4 million visitors experienced the region. Columbia has hosted numerous national convention groups and will continue that momentum into the future."

A large share of those 4 million visitors—167,851 in 2014—have been welcomed to the Columbia Metropolitan Convention Center, which has hosted everything from the World Beer Festival to the Carolina Technology Conference.

Two Counties, One City

Columbia is the seat of South Carolina government, which is a great economic engine and stabilizing influence on the area's economy.

Governor Nikki Haley, the first female and first minority governor in South Carolina history, as well as the youngest governor in the country, has delivered significant results to the state, including the passage of landmark education reforms and the increase in transparency and accountability in state government.

According to reports, under Haley's leadership, South Carolina's unemployment rate hit record lows, the state announced major economic developments, including the creation of more than 70,000 jobs. She also has directed tax relief for small businesses, pension reform, Medicaid reform and immigration reform.

The capital city extends across both Richland and Lexington counties. The more urban Richland County is the hub of the state legislature. The county's highly diversified economy includes Columbia's vibrant downtown, large institutions of higher education and Fort Jackson.

Columbia's military footprint is significant, with an estimated $2 billion economic impact per year. Fort Jackson is the U.S. Army's largest and most active Initial Entry Training Center

My Columbia

STEVE BENJAMIN

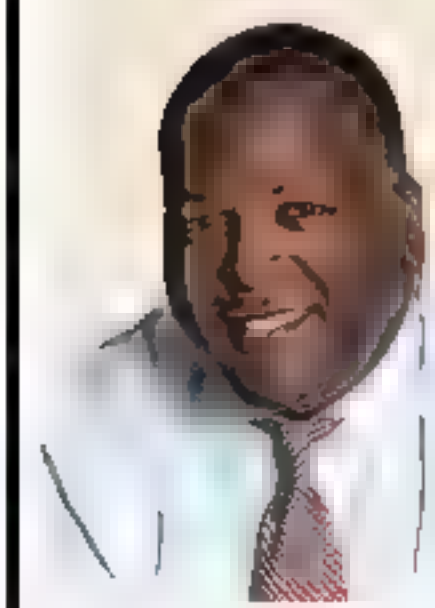
MAYOR OF COLUMBIA

LOCAL ROOTS: Though my family roots are in South Carolina, I moved to Columbia 28 years ago from New York City to attend the University of South Carolina and fell in love with this community. Columbia is home to me, my wife and two children, as well as my parents and my wife's parents.

FAVORITE EATS: Every city has it's iconic food; Columbia's is a bag of roasted peanuts from Cromer's. They've been a part of our city since 1935 and there is nothing else like them.

MUST-SEE: When people think about the American civil rights movement, they typically think about other Southern cities. But much of the foundation for the movement was laid right here. Take time to learn about the men and women who helped make history.

TRAVEL ADVICE: Give yourself enough time to really enjoy the diverse natural and cultural offerings of the city. I guarantee you won't want to leave.



My Columbia

LOU KENNEDY

OWNER, PRESIDENT AND CEO OF NEPHRON PHARMACEUTICALS CORPORATION

LOCAL ROOTS: I am a Lexington County native, and I am happy to be a Lexington County business owner

FAVORITE EATS: Ristorante Divino located on Gervais Street—be sure and try the stuffed peppers. Blue Marlin is another favorite; their shrimp and grits are a "must-have."

MUST-SEE: As a graduate of the University of South Carolina, a must-see would be Williams-Brice Stadium. Lake Murray is another must-see

ONLY HERE: We know BBQ in South Carolina Check out the South Carolina BBQ Trail.

TRAVEL ADVICE: Columbia is "famously hot" in the summer, so be prepared to cool off by floating down the Saluda River

MUST-DO: Visit the Horseshoe on the University of South Carolina's campus. Then, walk to the Capitol grounds and read about Columbia's rich history. There are also many art galleries featuring South Carolina artists.

FROM LEFT TO RIGHT: The Columbia Metropolitan Convention Center; Honoring World War II veterans at Fort Jackson.

and spans more than 52,000 acres, providing basic combat training to more than 50 percent of the Army forces. Approximately 3,600 active duty soldiers and their 11,520 family members call Columbia home, and more than 46,000 retirees and their family members receive services at Fort Jackson. Basic training graduations are held 41 times annually, bringing more than 100,000 visiting family members to Columbia.

Lexington County offers small-town charm with urban amenities attractive to residents and industry alike. The county boasts award-winning schools and more than 20 utility practitioners, including SCE&G, a subsidiary of SCANA Corporation, which is constructing two new nuclear facilities in the area and pursuing the development of two solar farms to address growing energy needs. The county has three large business parks currently under development.

"There's a spirit of opportunity in Lexington County," says Lexington County Council chairman Johnny Jeffcoat. "Our probusiness climate, central location, talented workforce and quality of life are attractive to industry leaders wanting the complete package."

Recreational opportunities abound with nationally ranked Riverbanks Zoo and Garden, featuring more than 2,000 animals, an aquarium and botanical garden, as well as Lake Murray, the jewel of Lexington County, where visitors can enjoy sailing, water-skiing, fishing and camping on more than 50,000 acres of water and 560 miles of shoreline.

Building on the Past

Columbia's development is intentional and well planned, marrying historical integrity and innovative design. Within the city are districts that each supplies a unique atmosphere and experience, but are threaded together by a shared reverence for the area's history. The Vista, Columbia's premier arts and entertainment district, arose from the remains of the city's old warehouse district and features hundreds of revitalized historical buildings and new development of high-end condos, town homes, hotels and mixed-use structures. The Congaree Vista Guild spearheaded historic preservation and revitalization efforts.

The adaptive reuse of what is now 701 Whaley, completed in 2008 by developers Richard Burts, Robert Lewis and Bob McConnell, is a prime example. The project transformed the once-condemned Olympia and Granby Mill Village Community Center into a space that now hosts more than 300 events annually and features the 701 Center for Contemporary Art. Ongoing renovation of the rear building will include a 600-seat adaptive reuse performance hall, new event space and a lush garden.

"It's important to retain the fabric of Columbia's history, giving the city a sense of place," says Burts. "701 Whaley was once the heart of mill life and the renovation restored its vibrancy. Walking inside, you sense its soul and the embedded energy from decades past and you are instantly part of its history."

Burts is also a champion for the preservation

BRETT FLASHNICK (VB); DIVERT DIGITAL (TB BURNE CONTENT AGENCY) (MANY FOR ALL SON)

SC.EDU/LEADERSHIP

carolina leadership
national distinction

MORE NATIONALLY RANKED PROGRAMS THAN ANY OTHER SCHOOL IN SOUTH CAROLINA

U.S. News ranks 47 of our programs, including our No. 1 ranked international business program. And that number doesn't include USC programs lauded by other sources, like the nation's best public honors college. We're proud to be South Carolina's flagship university. **At the University of South Carolina, our excellence has No Limits.**

UNIVERSITY OF SOUTH CAROLINA

My Columbia

LOUIS B. LYNN

CHAIRMAN OF ENVIRO AGSCIENCE, NC.

LOCAL ROOTS: I was raised on our South Carolina family farm. After getting two degrees from Clemson University and a Ph.D. from the University of Maryland, worked around the county. I resigned and started my business when the company I worked for asked me to move from Columbia to the Midwest.

FAVORITE EATS: Lizard's Thicket is my favorite restaurant for their country-style soul food meals. My favorite meal is the country-fried pork chop with butter beans, rice and gravy, and hot peach cobbler.

MUST-SEE: Riverbanks Zoo and EdVenture Children's Museum.

ONLY HERE: Chitlin Strut and the Lower Richland Sweet Potato Festival.

TRAVEL ADVICE: Visitors are welcomed to any church, many of which have great choirs and great preaching.

PERFECT NIGHT: Dinner at one of the downtown membership clubs—Capital City Club or Palmetto Club.

ABOVE. The copper-domed South Carolina State House.

of historical landmarks in Columbia's up-and-coming Bull Street area. The urban gigabit community, directed by Hughes Development, is considered one of the most significant developments in the city, with thousands of new homes, retailers and offices. Six historic buildings will be revitalized and readapted to maintain the area's authenticity.

Five Points, Columbia's original village neighborhood, is celebrating its centennial anniversary in 2015. Home to more than 150 businesses, Five Points is funky and eclectic with a strong concentration of retail, dining, entertainment and personal services. Long considered the go-to district for area university students, its laid-back social atmosphere is a draw for young professionals, families and seniors as well.

In the heart of downtown, the City Center Business Improvement District is taking on a new life of its own. Three new office towers and two hotels have been constructed, parking has improved and retailers are flocking in. Matt Kennell, president and CEO of City Center Partnership, says Main Street growth is reliant on one key element: people. "The brick and mortar was in place, but it was the large masses of people that were missing. Now, there are people downtown seven days a week." They are coming downtown to shop at the Soda City Farmers Market, enjoy art displays on First Thursdays on Main events or relax with outdoor dining.

The sophisticated vibe of downtown has more people considering urban life. "There used to be a couple hundred residents living downtown; now, it's in the thousands," says Kennell. "To meet high demand, downtown is seeing new construction and the revitalization of vacant buildings into high-end apartments."

The Arnold Companies is currently redeveloping two blocks in downtown. The Palms on Main, a five-story hotel conversion, is the only apartment community with a courtyard pool on Main Street and another refurbishment of three 1930s-era buildings will offer retail, restaurants and loft apartments.

"The Arnold Companies has participated in Columbia's growth for three generations, and we strive to preserve historical structures while simultaneously adding a new edge," says Ben Arnold, president. "We've won awards for historic preservation as well as new construction in a historical context."

Other real estate and development firms, such as Coldwell Banker and EDENS, Inc., a Columbia-based developer of community-oriented

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IN THE HEART OF DOWNTOWN, THE CITY CENTER DISTRICT IS TAKING ON A NEW LIFE OF ITS OWN. THREE NEW OFFICE TOWERS AND TWO HOTELS HAVE BEEN CONSTRUCTED, PARKING HAS IMPROVED AND RETAILERS ARE FLOCKING IN.

shopping complexes nationwide, have experienced tremendous growth.

Where Insurance Meets Tech

Columbia's Insurance Technology and Services Cluster, dubbed iTs SC, has become a global center for insurance, insurance technology systems developers, insurance services and talent development services.

The group's mission to increase collaboration and competition within the insurance industry has established Columbia as a robust and resource-wealthy location for globally focused insurance technology and service professionals.

In addition to attracting and fostering a healthy talent pool through strategic educational and workforce development, iTs SC also seeks to support innovation in increasing competitiveness and to establish a business and regulatory environment conducive to industry growth and development. The insurance technology and services sector in the Midlands realizes a $6.7 billion total economic impact with nearly 15,000 employees in the region.

Homegrown national insurance company Colonial Life & Accident Insurance Company is a leader in the employee benefits industry and one of the area's largest private sector employers. The company is dedicated to community philanthropy and is the naming-rights partner of the Colonial Life Arena, Columbia's top entertainment venue.

Aflac acquired Continental American Insurance Co. to foster growth in the niche areas of supplemental and group insurance. Six years later, the company has flourished, growing from about 150 employees to more than 1,000 and becoming a leader in employment and insurance technology in Columbia.

Health Is Wealth

Lexington Medical Center's 414-bed complex is considered the health care hub for the county, drawing on a network of more than 600 physicians and specialty centers. The hospital's heart and cancer programs are affiliated with Duke Medicine. The hospital has received accolades such as "Best Place to Have a Baby," "Best Hospital" and one of the "Top 25 Best Hospitals to Work for in the U.S."

Palmetto Health is one of the largest and most integrated health care systems in the Midlands. The locally owned, not-for-profit system includes five hospitals with more than 1,100

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Spirit Communications and the City of Columbia have partnered for over 20 years to drive Columbia's development.

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patient beds, an extensive network of physician practices and specialty clinics and a nonprofit foundation. Through 12 residency and 10 fellowship programs affiliated with the University of South Carolina School of Medicine, Palmetto Health has a critical role in training tomorrow's physicians.

BlueCross BlueShield of South Carolina, one of the state's largest employers with more than 10,000 employees, focuses on health and other insurance, technology support and government contracts. The organization has a $4.6 billion annual economic impact and has a strong reputation as an outstanding corporate citizen. Its foundation has awarded $71 million in grants to state-based nonprofits for the improvement of health care access to vulnerable populations.

With three locations in the greater Columbia area, Midlands Orthopaedics, P.A., draws patients from the region—and even from around the world—for treatment and surgery

Making Medicines

As Columbia further diversifies its economy, the pharmaceutical and medical devices sector has made significant advancements. The Ritedose Corporation, specializing in the manufacture of inhalation products, eye drops, ear drops and unit dose oral liquids as well as the contract manufacture of blow-fill-seal technology, announced a $110 million expansion of its Richland County facility, creating more than 65 jobs over five years. Upon completion, plant capacity is expected to exceed 2 billion unit dose vials annually.

Nephron Pharmaceuticals Corporation, a global leader in manufacturing generic respiratory medications, recently opened a facility in Lexington County and plans to expand its product portfolio to include ophthalmics, injectables

Midlands Orthopaedics Surgery Center is a freestanding ambulatory surgery center in downtown Columbia. The center features digital operating rooms and leading-edge technology, giving patients access to the most advanced outpatient procedures in the region.

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and vaccines. The state-of-the-art facility will enable Nephron to become the leading blow-fill-seal manufacturer in the world. President and CEO Lou Kennedy, and her husband, Bill, both University of South Carolina alumni, donated $30 million to the USC College of Pharmacy, establishing the Kennedy Pharmacy Innovation Center, which transforms the educational experience and builds stronger career foundations for students.

Tech Is Everywhere

Red-hot economic development in Columbia is built on nurturing cutting-edge technology. The local universities have developed strategic partnerships with leaders in the industry to give students real-world experience to take into the field.

In 2008, BlueCross BlueShield of South Carolina experienced tremendous growth in its IT department and needed qualified employees. It approached the University of South Carolina for assistance. Together, along with IBM, they realized that one institution could not solve the demand problem and formed a partnership to address the situation directly. Branded IT-oLogy in 2011, the nonprofit consortium of businesses,

ABOVE: Students at IT-oLogy.

academic institutions and organizations is growing the IT pipeline and advancing the profession through three key initiatives: promoting IT to create awareness of the profession in K-12 students; teaching IT to build capabilities; and growing IT to provide companies with access to talent.

"Technology is a common thread across mul-

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tiple industries and these are the jobs of the 21st century," says Lonnie Emard, president of IT oLogy. "We are working as a dot connector, assisting businesses that need IT professionals in discovering a dense pool of experienced candidates."

USC, Midlands Technical College, Columbia College and Benedict College have partnered with IT oLogy, recommending that students hone IT skills across all disciplines in order to increase employability.

"What started in Columbia is not just about Columbia. It's a national issue," says Emard. "The model created here is portable everywhere."

The USC/Columbia Technology Incubator is currently home to 50 start-up companies receiving support from area resources. The Midlands Technical College Enterprise Campus, the South Carolina Department of Commerce and FiredUp Accelerator Program are al. committed to accelerating growth in the tech industry.

USC is partnering with IBM and Boeing to conduct research and increase the pipeline of highly trained graduates in STEM fie.ds. The IBM partnership created the Center for Applied Innovation, and the Boeing partnership provides $5 million to USC's McNair Aerospace Center. These projects include finding new ways to place carbon-fiber composite materials, developing new techniques for fusing aircraft parts and creating automated manufacturing processes that help improve structural efficiencies.

Both the IBM and Boeing partnerships were developed through USC's new Office of Economic Engagement, one of only a handful of university related offices in the nation dedi cated to matching businesses with university research expertise.

The Education Connection

From K-12 to postgraduate studies, Columbia is preparing its students for the workforce of tomorrow. Mayor Benjamin has made education a top priority, investing in the attraction and retention of highly qualified teachers, and both Richland and Lexington counties have stellar educational reputations. Columbia boasts eight colleges and universities, including Benedict College and Midlands Technical College and the main campus of the University of South Caroli na, with nearly 7,500 graduates annually.

The University of South Carolina, Columbia's largest university, has eight campuses statewide and offers more than 350 degree programs to more than 48,000 students. The university

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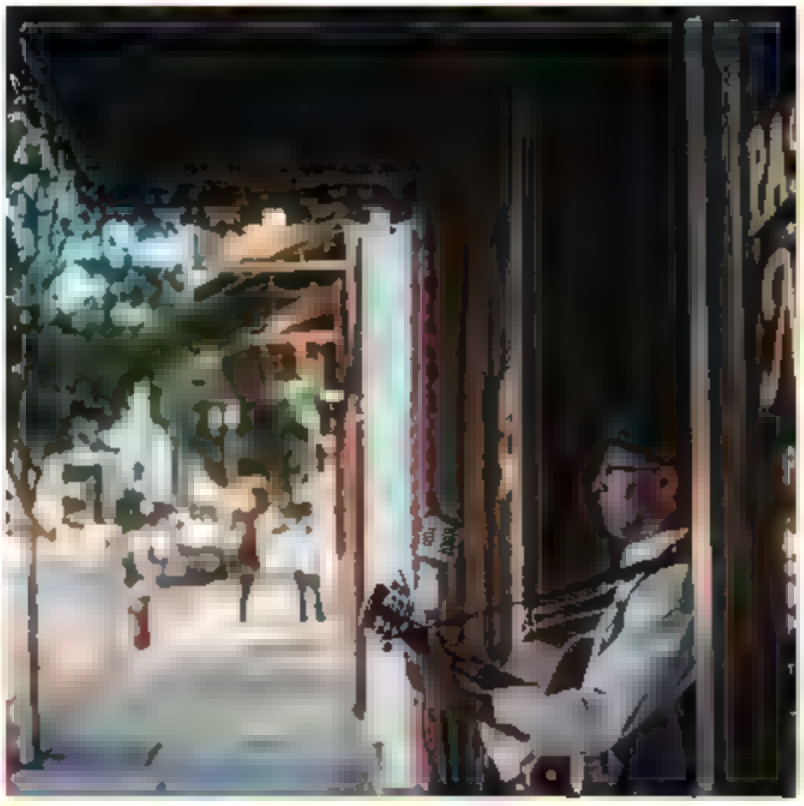

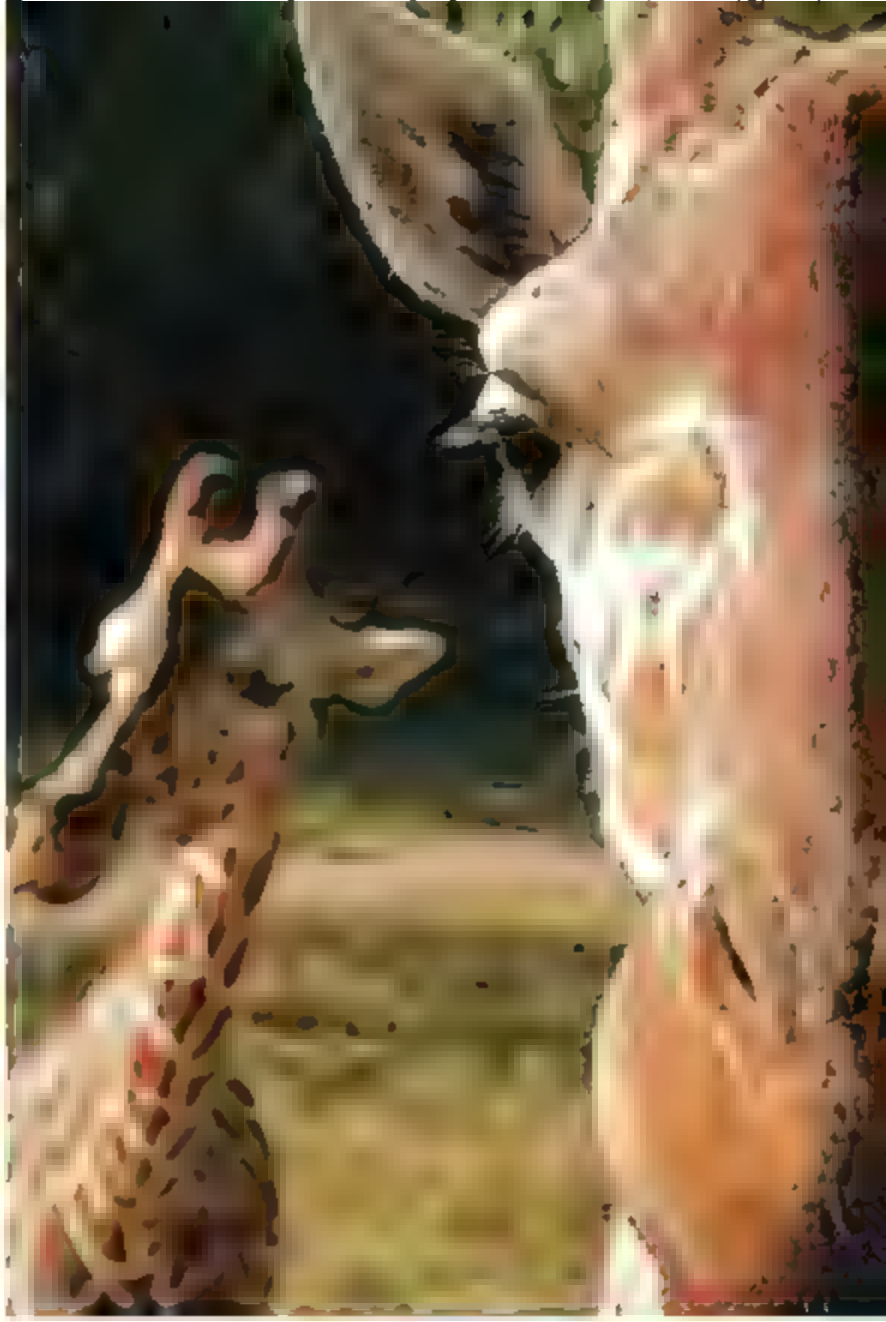

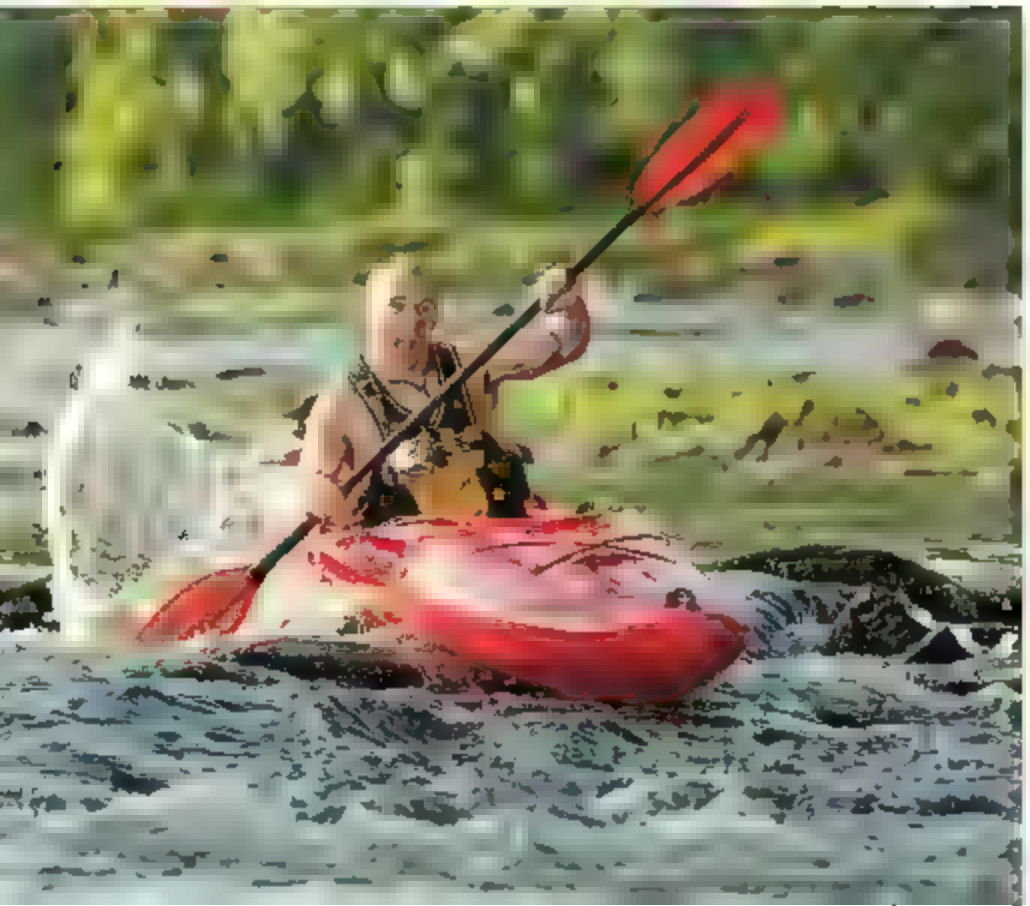

My Columbia

HARRIS PASTIDES

PRESIDENT
UNIVERSITY OF
SOUTH CAROLINA

LOCAL ROOTS: My wife, Patricia, and I moved to Columbia in 1998. We were delighted to discover that Columbia was a vibrant city in the early stages of an urban renaissance.

FAVORITE EATS: For the best brunch, I highly recommend USC's Top of the Carolina over at Capstone with a spectacular, revolving view of the city.

MUST-SEE: The Columbia Museum of Art at Boyd Plaza, which has permanent exhibits, national exhibitions and also offers art classes, children's programs, lectures and concerts.

ONLY HERE: Tailgating at Gamecock Park at Williams-Brice Stadium. Visitors are always wowed by the great food—mustard-based barbecue, of course—and the great pageantry.

TRAVEL ADVICE: Pack good walking shoes. From a visit to the State House to a walking tour of historic homes, there is much to see while on foot.

CLOCKWISE FROM LEFT: 701 Center for Contemporary Art; Columbia Metropolitan Airport; An apartment at The Palms on Main.

houses the only National Science Foundation-funded cooperative research center for fuel cells and is committed to improving health across the nation with extensive education and research in health sciences.

USC and its corporate partners, including General Motors, Boeing and the Savannah River National Laboratory, are actively researching cleaner energy options for the reduction of fossil fuel dependence. The university is committed to improving health and well-being nationwide through interdisciplinary research, outreach and professional training. USC is home to multiple health science research centers and institutes, including the Center for Colon Cancer Research, the Cancer Survivorship Center and the Institute for Partnerships to Eliminate Health Disparities.

"The University of South Carolina, a Carnegie top-tier, high-impact research university, is globally recognized for its dedication to innovation in learning, research, entrepreneurship and community engagement," says USC president Harris Pastides. "Known for developing flexible new models that provide better college access and affordability, the Palmetto State's flagship university is building healthier, more educated communities in our city, state, nation and world."

USC's My Carolina Alumni Association's new state-of-the-art alumni center features more than 16,000 square feet of meeting space and a main ballroom seating 550 people. The center, located close to the Columbia Metropolitan Convention Center, is fast becoming an in-demand event space, catering to public and private events.

Columbia College, established in 1854 as a women's college, has launched the careers of many successful women, most notably the artist Georgia O'Keeffe, who truly found her identity while serving as a professor at the school. This year marks the centennial of O'Keeffe's arrival in Columbia and exhibitions celebrating the occasion are slated at both the college's Goodall Gallery and at the Columbia Museum of Art.

Columbia College's Institute for Leadership and Professional Excellence combines a liberal arts education with leadership opportunities and real-world experience to prepare students for careers. The school was awarded a $5 million gift for the creation of The McNair Center for Entrepreneurism.

"We are honored to be a part of such a significant initiative," says Tracy Bender, executive director of marketing and communications at Columbia College. "The McNair Center will instill a mindset of entrepreneurism in our students and serve as a critical tool in shaping the next generation of leaders ready to drive economic growth."

At Columbia College, success goes beyond the classroom. The Koalas are part of the NAIA division, with scholar athletes representing more than 25 percent of the student body. They are three-time winners of the Champions of Character Institutional Award for demonstrating the highest standards of athleticism and sportsmanship.

On April 14, 2015, Benedict College School of Science, Technology, Engineering and Mathe-

SEAN PAYFORD; CVB; COLUMBIA METROPOLITAN AIRPORT

matics opened the doors to its new Center for Engineering and Science, which is the home of the college's new Radiation Safety Training Center. At the state-of-the-art facility, located on Benedict's east campus, students receive hands-on training and complete several embedded courses in health physics and radiation safety. The new academic space is also the home of STEM's environmental engineering program; Benedict College is the only Historically Black College in South Carolina to offer this critically important major.

Also located on the east campus is the Benedict College Community Learning Center. Community-based programs at the center include financial literacy, job readiness preparation, homebuyer education, community empowerment activities and more. The center features a computer lab, an interactive SmartBoard and other tech necessities and offers computer-based training programs, including senior computer literacy, and programs focused on residents of the Waverly/Read Street communities and the Columbia Empowerment Zone.

The center helps Benedict achieve its goal of providing area residents with access to technology and other life-enhancing tools that enable them to succeed in a digital age. The training and services offered at the Benedict College Community Learning Center help individuals obtain jobs, purchase or maintain homes and become more financially literate and more actively engaged citizens of Columbia. Benedict College has been a "power for good" in the community for more than 145 years and is a major economic contributor to the region and South Carolina, with a local annual economic impact of $106.7 million.

Rising to the Future

"The city is abuzz with development. New restaurants and shops are opening each week," says Ellen. "The saying 'what makes it a great place to live makes it a great place to visit' couldn't be more true than it is here."

Columbia has seen more than $1 billion in new downtown investment in the past four years, and Mayor Benjamin says the city is becoming known nationwide for its educated, talented and entrepreneurial workforce.

"The state of our city isn't just strong, it's explosive. We have risen from the ashes, and we will continue to rise," says Benjamin. "We are Columbia, and our time is now."

Spirit Communications has been instrumental in bringing free public Wi-Fi to downtown Columbia.

Nephron Pharmaceuticals Corporation specializes in manufacturing generic inhalation medications utilizing blow-fill-seal (BFS) technology. All Nephron products are proudly made in the USA!

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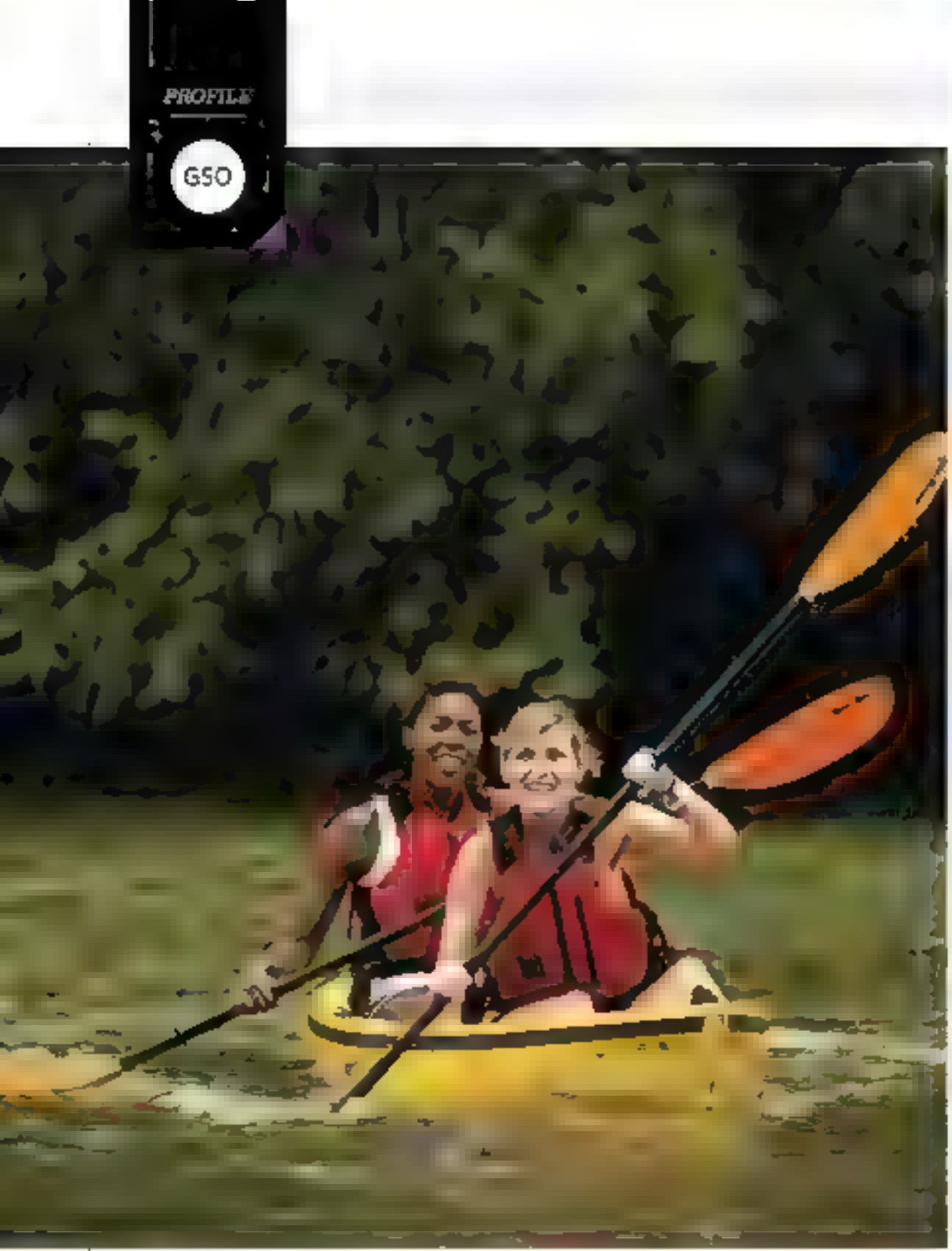


Southern Hospitality

COLUMBIA IS A PLACE WITH PERSONALITY—GET TO KNOW IT BY MEETING ITS WELCOMING RESIDENTS, EXPLORING ITS LUSH OUTDOORS, CONTEMPLATING ITS RICH HISTORY AND EXPERIENCING ITS VIBRANT UNIQUE CULTURE. *by* **KATIE MCELVEEN**

▶ History is alive in Columbia, South Carolina. But a strong connection to the past doesn't mean that history is static here—it's still being made. At the South Carolina State House, a copper-domed Greek Revival edifice that took 52 years to build, scars from Union artillery still pockmark the exterior. And it was on the grounds of that same building that, with the whole nation watching, the confederate flag was permanently removed—along with the flagpole it flew on—on July 10, 2015.

CLOCKWISE FROM LEFT: Kayaking the upper Congaree River; Hunter-Gatherer Brewery & Alehouse; Riverbanks Zoo and Garden.

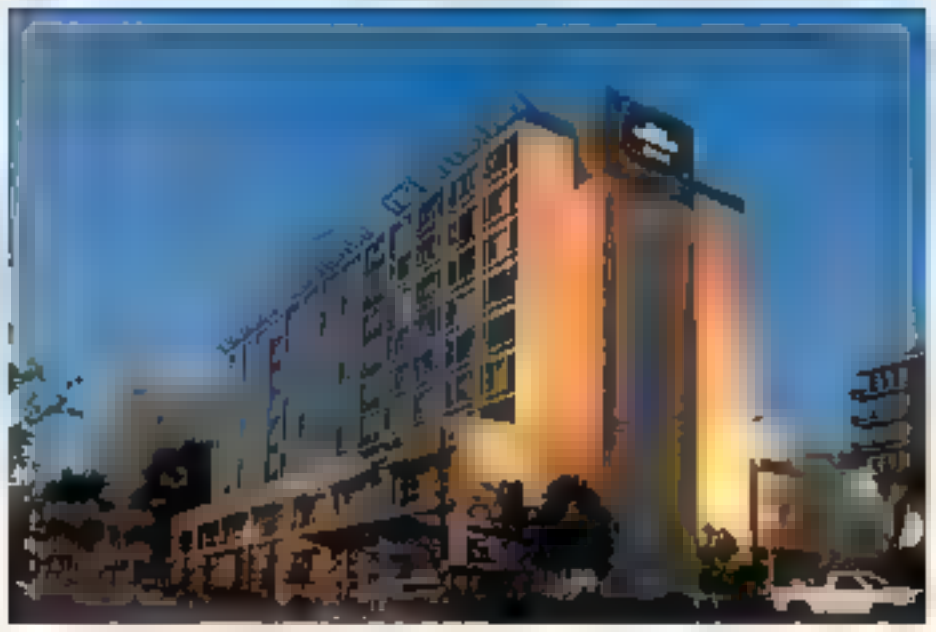
The past and the present coalesce in Columbia, which is recasting itself as a standout city in the "new South." Its small-city charms, easygoing attitude and big-city amenities draw raves from both visitors and residents.

"Visitors tell us that they're often surprised by the quality of our attractions and the numerous opportunities for shopping, dining and outdoor adventure," says Kelly Barbrey, vice president of sales and marketing of Midlands Authority for Conventions, Sports & Tourism. "We regularly receive comments that our attractions and restaurants are on par or exceed those in larger destinations. Plus, visitors appreciate the genuine Southern hospitality and charm that are a part of our culture."

Hands-On History

Just around the east side of the **State House** stands the **African-American Monument:** an

BRETT ASHLEY CAMBLIN (KAYAKING RIVERBANKS ZOO & GARDEN); SEAN PAYFORD CUBBIN (HUNTER GATHERER)



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My Columbia

LONNIE EMARD

PRESIDENT OF IT OLOGY

LOCAL ROOTS: My family and moved to Columbia in 2002. Prior to that, my wife and I had never been to South Carolina, and now we would never leave.

FAVORITE EATS: I love DiPrato's restaurant, with its healthy lineup and specialty treats.

MUST-SEE: Visitors need to experience game day at USC with SEC-quality tailgating, but with a special flair.

ONLY HERE: For any family moving to Columbia with kids, bring them to IT-oLogy. The high-tech Cyber Studio is a hub of activity for kids of the 21st century.

PERFECT DAY: Start with breakfast at Cafe Strudel near the Vista, then visit EdVenture and the State Museum, then lunch at Grouchos. After lunch, visit Riverbanks Zoo, the greatest small zoo in the country, then have dinner at Blue Marlin. Finish the day by watching a college baseball game at the finest college baseball stadium in the country. It should probably be the USC-Clemson game.

CLOCKWISE FROM LEFT: The Congaree Vista is home to galleries, shops and restaurants; Experiencing the South Carolina State Museum's 4-D theater; Shopping at Bluetile Skateshop in Five Points; Sheraton Hotel's Rooftop Lounge.

obelisk surrounded by panel sculptures that visually trace the African-American experience in South Carolina from the 17th century to the present.

"South Carolina had an integral role in the nation's civil rights movement, with a number of important events occurring here in the 1950s and 1960s," says Dr. Bobby Donaldson, an associate professor of history at the University of South Carolina.

To trace these milestones, a team of volunteers, city officials and scholars created the **Columbia SC 63 Civil Rights Walking Tour,** which uses informational wayside signs to lead visitors to seven historical sites and explain the significance of what occurred there.

"The photographs on the signs allow us to look at these places through a different lens," explains Donaldson. The tour begins on the north corner of Main and Gervais and ends at City Hall. "These people really wanted to see Columbia change," says Donaldson. "I think they'd be pleased with our progress."

The nonprofit **Historic Columbia** provides neighborhood tours that guide visitors through African American heritage sites around the city, and also maintains and leads tours through historic gardens and buildings such as the **Woodrow Wilson Family Home,** where the 28th president of the United States lived as a boy. At the **South Carolina State Museum,** the Palmetto State's heritage is made visible through photographs, art, artifacts and technological displays.

The museum's amenities don't just look back—a recently completed $23 million renovation and expansion project added a state-of-the-art 4-D theater and planetarium to its list of essential experiences.

Hands-on fun continues at nearby **EdVenture,** the largest children's museum in the South, and at **Riverbanks Zoo and Garden,** one of the top-ranked zoos in the country, attracting more than 1 million visitors each year.

Zoo residents such as Abrazzo, a 700-pound Galapagos tortoise, get interactive attention from participants in the zoo's Tortoise Adventure Tour, held on weekends. The tours are just one way zoo visitors get up close and personal with its big cats, elephants and other residents in the cage-free facility. You can hang out with kangaroos and feed giraffes handfuls of lettuce from a deck, too. There's also a botanical garden, plus a ropes course, zip line and walking trails through nearby historical sites.

Head Outside

A geographic twist of fate—and good planning—placed South Carolina's capital city on the banks of the **Congaree River,** which offers smooth water for swimming and big rapids for kayaking enthusiasts, all within steps of downtown.

Palmetto Outdoor Center offers self-guided

CVB GALLERY: SEAN RAYFORD; STATE MUSEUM: ADTHEATER: BRETT ASHLEY; SKATESHOP:

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Don't live with hip pain and don't settle for hip replacement. Contact Midlands Orthopaedics for more information on hip resurfacing and *get back in the game.*

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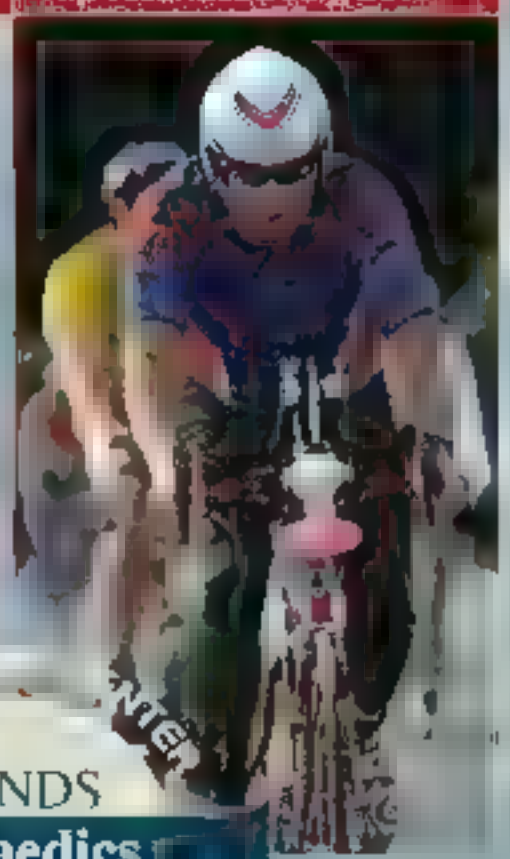
*Kay Glynn, 62, Hastings, IA
Hip resurfaced August, 2013

*Randall Brown, 62, Sanford, FL
Hip resurfaced July, 2010



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My Columbia

BILL DUKES

OWNER,
BLUE MARLIN
RESTAURANT

LOCAL ROOTS: I am originally from Columbia and a graduate of USC. I went away for many years but returned to develop two restaurants, Longhorn Steakhouse and Blue Marlin.

MUST-SEE: Riverbanks Zoo, one of the best in the United States; and the University of South Carolina Horseshoe, the historic original campus.

ONLY HERE: Take a dinner cruise on Lake Murray and see the thousands of purple martins fly back to their roost in the trees of Doolittle Island—this is where the Doolittle Raiders trained during World War II.

TRAVEL ADVICE: Visit Fort Jackson Parade Ground on a Thursday morning and be inspired by watching young men and women graduate from basic combat training. More than 50 percent of all Army soldiers complete their BCT here. An outstanding golf course is available for public use.

PERFECT DAY: Take a trip to Congaree National Park. Pack a picnic lunch and simply enjoy nature.

CLOCKWISE FROM LEFT: The Robert Mills House, home of the architect of the Washington Monument; Soda City Farmers Market; Lexington County's Lake Murray.

kayak tours and, for those who'd rather float than paddle, weekend inner tube excursions. Natural wonders abound, from playful river otters to rare spider lilies that decorate the banks with drifts of white flowers every spring.

A network of multiuse paths forms the **Three Rivers Greenway,** which meanders along the **Broad** and **Saluda rivers** (which join in Columbia to form the Congaree) through deep forests and past canals and Civil War ruins.

Columbia's natural pathways and wide streets make it a runners' city. Each spring, many test their stamina by participating in the **Quarry Crusher Run,** a grueling 3.72-mile round-trip jaunt into the 400-foot-deep Vulcan Materials Company rock quarry, or in the **Ultimate Challenge Mud Run,** a U.S. Marine-created endurance trial that takes runners over 36 obstacles in 6.2 miles.

Boaters, anglers and naturalists flock to **Lake Murray,** a 50,000-acre lake with more than 650 miles of shoreline, located about a half-hour west of the city. Day-trippers can swim from sandy beaches, fish for competition-sized bass, kayak, paddleboard and canoe; there's also camping.

During the summer, thousands of purple martins return to their roost on **Doolittle Island** each evening; the sight is so impressive that the area was designated as the first purple martin sanctuary in the United States.

To the east, **Congaree National Park** is home to some of the nation's oldest and largest old-growth cypress trees. Although visitors can explore by foot or canoe, the real fun is taking one of the naturalist-led tours. Owl Prowls, which head into the dark woods on cool fall evenings in search of the hooting predators, are a favorite.

Set along the lower Saluda River, **Saluda Shoals Park** is packed with outdoor diversions such as biking and hiking, guided river floats are offered during the summer.

Sports enthusiasts who would rather spectate than participate can experience the thrill of SEC athletic matchups with the **University of South Carolina**'s talented teams. Gamecocks football in the 80,250-seat **Williams-Brice Stadium** is a time-honored tradition, as is the tailgating that goes with it.

Columbians love their baseball, too. Not only is 8,200-plus-seat **Carolina Stadium**—home of the Gamecocks, winners of the 2010 and 2011 College World Series—regularly filled to capacity, but **Lexington County Blowfish** games are a summer tradition. So when word got out that professional minor league baseball would return to the capital city in 2016, Columbia threw out the welcome mat with a brand-new ballpark in the heart of **Bull Street Common** and held a competition to choose a name for the new team.

The winning entry, the **Columbia Fireflies,** is a reference to the *Photuris frontalis* species of lightning bugs that congregate each summer for several weeks at Congaree National Park and, in

BRETT ASHLEY; VB HOBBS; MILLS HOUSE; LAKE MURRAY: SEAN RAYFORD; CVB; SODA CITY MARKET

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Five Points is a bohemian retail, service, and entertainment village that is a true Columbia original. Everything that you need for service, style, and senses can be found here.

With 100 years of history and pockets of unique retailers and restaurants peppered throughout, Columbia's Five Points is truly an eclectic village neighborhood that begs to be explored.

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4 GREAT COLUMBIA EVENTS

❶ How good is the **South Carolina State Fair**? Good enough to be marking its 146th anniversary this year. Crowds converge on the 115-acre fairgrounds for 12 days of rides, indulgent fair food and good old-fashioned fun. *(October 14-25)*

❷ Columbians will ring in 2016 at the **Famously Hot New Year**, South Carolina's largest free New Year's Eve party, with fireworks and concerts from big-name bands. A kid-friendly carnival gets the evening started early. *(December 31)*

a remarkable display, synchronize their luminous flashes for several hours at a time.

"Congaree National Park is one of just a few places around the country where this species puts on a synchronized show," says John Katz, team president of Fireflies Baseball and **Spirit Communications Park.** "Our team name represents the spirit and unity that captures the essence of the people in Columbia and the Midlands."

The Fireflies are a Class A affiliate of the New York Mets and will play in the Southern Division of the South Atlantic League against teams from South Carolina, North Carolina, Kentucky and Georgia, as well as teams from the Northern Division.

Get Cultured

When the University of South Carolina added the 500-seat **W.W. Hootie Johnson Performance Hall** to its lineup of concert venues in late 2014, Columbia didn't gain just another concert space. With acoustics designed by Jaffe Holden—the firm's past projects have included Lincoln Center, the Kennedy Center and Carnegie Hall—Johnson Performance Hall provides optimum sound for musical styles ranging from jazz to classical. Even better, during the school year, the

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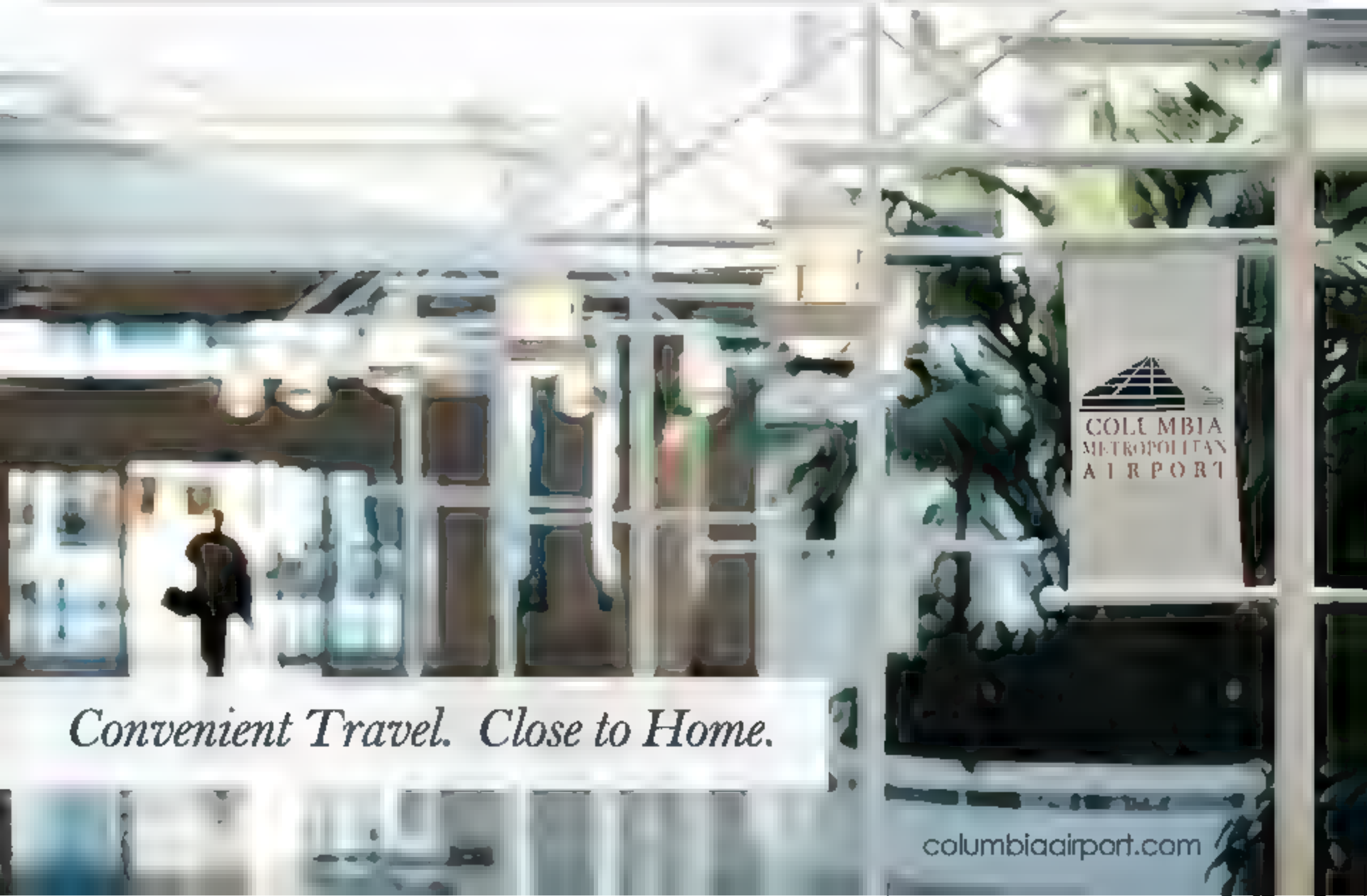
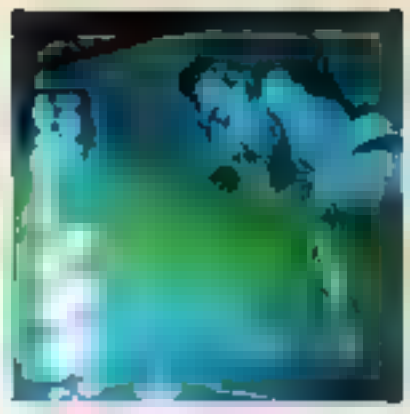


Hop heads and lager lovers, get ready: The **World Beer Festival**, held at the Columbia Metropolitan Convention Center, features more than 200 beers, from pale ales to witbiers, plus a South Carolina beer garden. *(January 23)*

The **Indie Grits Film Festival** is more than just movies. It brings together creative forces across media, including film, music, tech and visual art, in a showcase of Columbia's inventive artistic ecosystem. *(April 2016)*



venue, like the university's recital hall, offers a place to hear top-notch musicians at no charge.

"Unique to most metropolitan areas, we champion and present free live performances of solo, chamber, large ensembles and jazz," says Taylor Harding, dean of the University of South Carolina School of Music. "More than 85 percent of all our live performances each year—in excess of 300—are free and open to all."

During the spring and summer, Columbia's **Five Points** neighborhood hosts **Five After Five,** a free concert series held on the fourth Thursday of each month. **First Thursdays on Main,** aptly named to indicate the event's date and location on Main Street, is a well-loved monthly culture fest. Plus, a professional symphony, two ballet companies and theater groups perform at venues such as the **Koger Center** and historic **Town Theater;** the 18,000-seat **Colonial Life Arena** draws top national acts.

Visual arts have a strong presence, through museums such as the **Columbia Museum of Art**—which houses an extensive collection ranging from Monet to Dale Chihuly—and arts centers such as the **701 Center for Contemporary Art** and numerous galleries. Many of the city's top galleries are located in the **Congaree Vista,** a former warehouse quarter that began to take on new

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RICHARD BURTS

OWNER OF 701 WHALEY

LOCAL ROOTS: I was born and raised in Columbia.

FAVORITE EATS: Lunch at The Gourmet Shop in Five Points is always a favorite.

MUST-SEE: The river is a must-see—extraordinary beauty right in the heart of the city. The best way to experience it is from a kayak or tube, especially when the lilies are blooming.

ONLY HERE: A one-of-a-kind event is when the purple martins come to roost at Lake Murray.

TRAVEL ADVICE: We have four great seasons here and my favorite is the summertime. With three rivers, Lake Murray and surrounding waters, it is easy to stay cool.

PERFECT DAY: I like to take a cup of coffee down to Cobie Plaza by the canal, with a view of the historic power station and the cascading water. A stop at the Soda City Farmers Market on Main Street is always fun, as is a visit to world-class Riverbanks Zoo and one of our excellent museums—either the Columbia Museum of Art or the South Carolina State Museum.

LEFT TO RIGHT: A robust selection of taps at Carolina Ale House in the Vista; Motor Supply Co. Bistro.

FOREST CLONTS; MOTOR SUPPLY: D. BIRD

life as an arts and entertainment district in the mid-1980s when Carol Saunders and other Columbia artists opened groundbreaking galleries.

Today, Saunders is surrounded by not just art galleries, but national and local shops, restaurants, bars and coffeehouses. Saunders and artist Clark Ellefson were also instrumental in the creation of **Artista Vista** and **Vista Lights,** two annual gallery crawls that mix art with music, food and other festivities. "The arts scene in the Vista was revived 25 years ago and continues to grow with the explosion of businesses and the nightlife scene down there," says artist Laurie McIntosh. "More and more events are happening throughout the city to support and celebrate local artists, bringing in foot traffic and a new crowd of arts lovers. The key to sustaining the upward trend? Keep moving forward, and keep the Vista funky."

The Lay of the Land

Anchored by a trio of marquee attractions—the University of South Carolina, the State House and the Congaree River—Columbia is a city of neighborhoods. Main Street, which basically bisects the State House, is the city's business center. Retail shops such as **Mast General Store** and clothier **Granger Owings,** along with the Saturday **Soda City Farmers Market** and a spate of restaurants keep the district hopping long after regular business hours are over.

Alive with late-night entertainment venues, live music, restaurants, shopping and **The Nickelodeon,** the Congaree Vista runs west from the State House to the Congaree River; cross the bridge and you'll discover an enclave of bookstores, galleries, restaurants and shops in the delightful **West Vista** district.

Adjacent to the University, Five Points has been a top destination for eating, sipping and shopping since 1919, when the village's first business opened. These days, the funky, spoke-shaped district is home to dozens of diversions, including **Papa Jazz,** where vinylheads can get their hands on classic albums, and **The Gourmet Shop,** a French-inflected bakery café and kitchen emporium.

"Five Points is the coolest place in Columbia," says Amy Beth Franks, executive director of the Five Points Association. "Merchants and business owners pour their hearts and souls into the neighborhood and it shows. There's always something wonderful going on here."

Head east from Five Points up Devine Street, and you'll find 10 shady blocks of locally owned boutiques tucked into the historic Shandon neighborhood. Two to try: **Brittons** for men's and women's designer clothing and the cosmetic emporium **Pout. Fort Jackson,** which lies east of the city, is the U.S. Army's largest initial entry base and home to several museums, including the **U.S. Army Basic Combat Training Museum.**

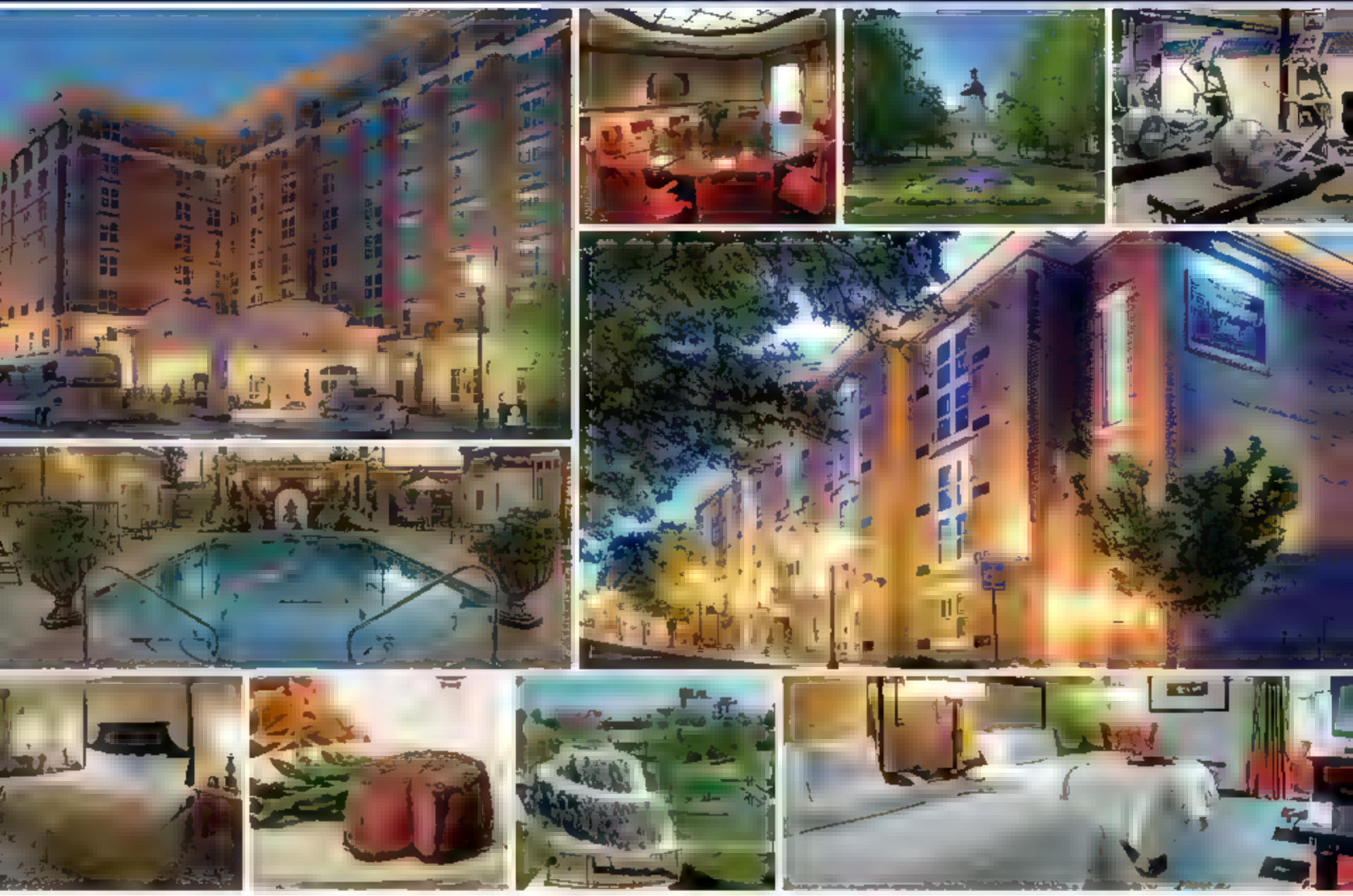
Fuel Up

Farm-to-table dining has a natural home in Columbia. Because the city is surrounded by farmland, chefs and farmers often work closely to develop dishes that will showcase unique and seasonal products.

One of those is **Motor Supply Co. Bistro,** an

Two Great Hotels

in Columbia's Historic Congaree Vista



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MAIN STREET WAKES UP EARLY ON SATURDAY MORNINGS WHEN THE SODA CITY FARMERS MARKET KICKS OFF AT 9 A.M. WITH TWO CITY BLOCKS OF FRESH PRODUCE PREPARED FOODS, CRAFTS AND MORE.

art-filled former auto parts store where owner Eddie Wales and executive chef Wesley Fulmer source all that they can from area farmers. "I've never been more excited about Columbia's food scene," says Wales, a 25-year food industry veteran. "Columbia has seen real growth in more progressive restaurants."

It's not just locals who are excited about the food scene in Columbia. Two chefs from local restaurants have been asked to cook at the James Beard House in New York City. At **Terra,** chef Mike Davis puts a Southern spin on French bistro classics. At **Blue Marlin,** executive chef Brian Dukes showcases the best of South Carolina Low Country cuisine in a beautifully restored train station. It's the ideal place to taste some of the region's best shrimp and grits—and the grits come from the historic Adluh Flour Mill, located just around the corner on Gervais Street. Hand-cut steaks are yet another Blue Marlin specialty.

At **Ristorante Divino,** Italian specialties such as a roasted veal chop topped with burrata cheese sell out most nights. Many of the restaurant's recipes were inspired by chef and part-owner Bertrand Gilli's Italian grandmother, who gave Gilli his first cooking lessons.

ABOVE: The Quarry Crusher Run.

Main Street wakes up early on Saturday mornings, when the Soda City Farmers Market kicks off at 9 a.m. with two city blocks of fresh meat, seafood, produce, prepared foods, crafts and hot breakfast and lunch items such as stuffed crepes and lobster rolls. All week long, **The Oak Table** gives diners a dramatic view of the State House, along with farm-to-table dishes and craft cocktails. Across the street, **Bourbon's** nearly 200 different whiskeys share the spotlight with Cajun-Creole dishes such as étouffée.

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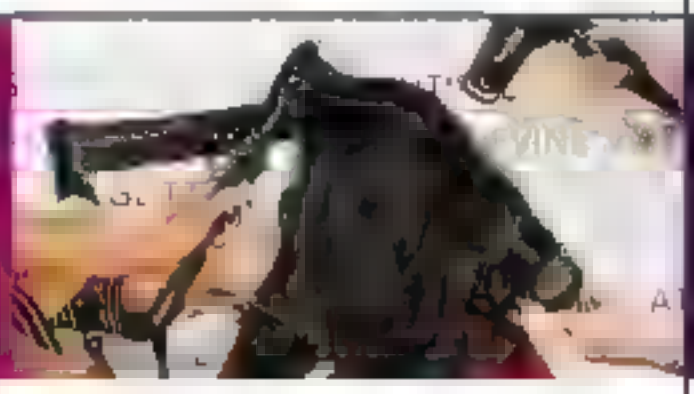

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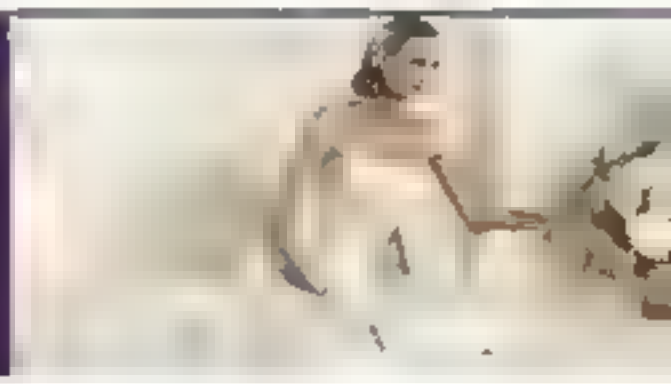
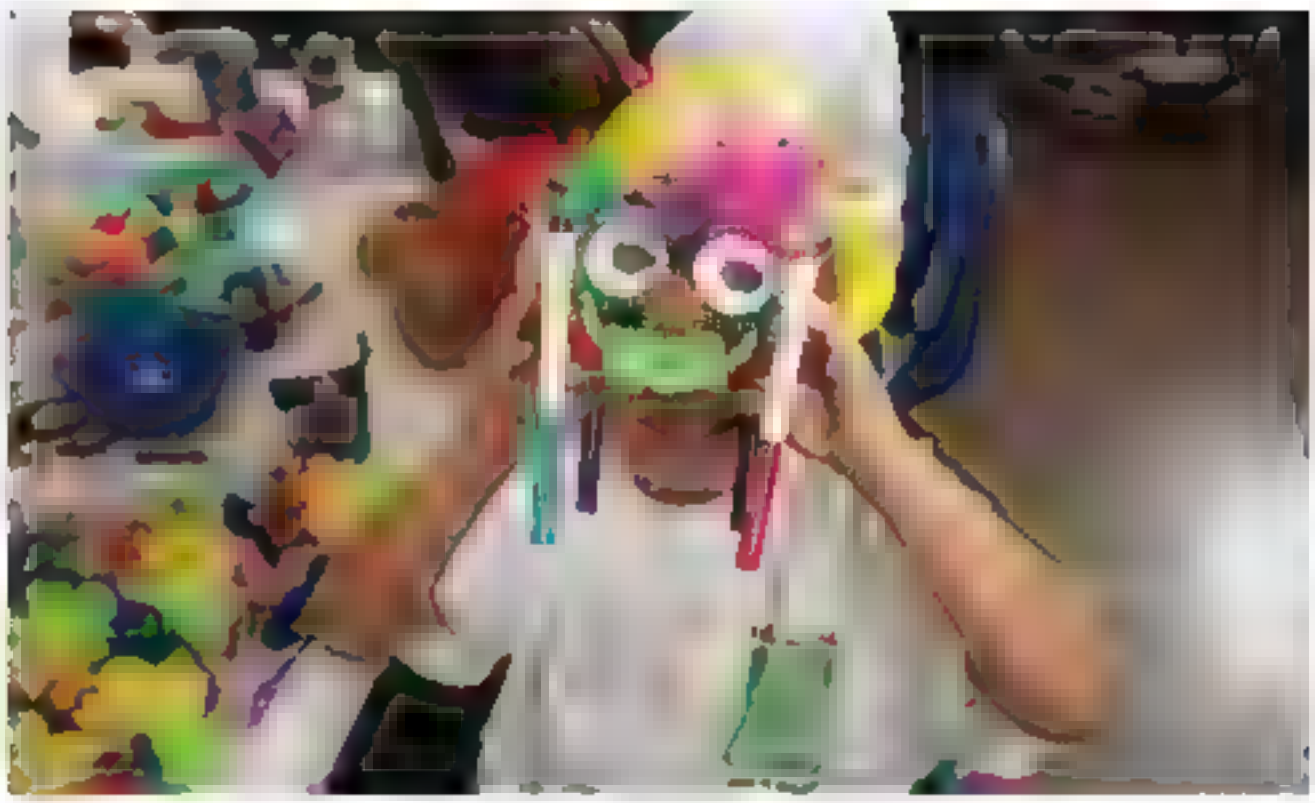


Carolina Couture is a premier bridal, pageant prom and formal wear store in the Vista. Our luxury salon provides couture formal wear you won't find anywhere else. Enjoy a one-stop source for your entire wedding party including wedding accessories, shoes, jewelry and invitations.

Carolina Couture



EdVenture is the largest children's museum in the South.

Perched above the Five Points Fountain on the second floor of a 1920's VFW Officers Club, **Saluda's Restaurant** has created its own Dixie-inspired classics, such as an appetizer of house-made bacon with chimichurri sauce.

Almost hidden behind a set of railroad tracks, **Mr. Friendly's New Southern Café** has developed a cult following for its buttermilk-fried Prestige Farms chicken with tasso ham gravy, roasted-garlic mashed potatoes and Low Country stewed collard greens. Just next door, **Cellar on Greene** is a great place to begin—or wind down—your night with house-made charcuterie, craft beer and eclectic wines.

Devine Street's eateries are as tasty as they are diverse: George and Monica Kessler's travels to Italy inspired the menu at **Il Giorgione**; fresh mozzarella is made in-house daily. Since opening **Baan Sawan Thai Bistro** in 1999, Sam and Alex Suaudom have created every sauce and dish from scratch. Dig into curries and noodle dishes that mix fire with fresh, complex flavors.

Hunter-Gatherer Brewery & Alehouse, which opened in 1995, was Columbia's only craft brewery until recently, when **Conquest, Swamp Cabbage** and **River Rat** got into the game. Downtown, young professionals flock to the **Sheraton Hotel's Rooftop Lounge** for drinks and a great view and to the subterranean **Whig** for cold beer and late-night tacos, while music lovers get their groove on at **Tin Roof** and **Music Farm.**

"It seems like each week, we learn of plans for a new restaurant, hotel or upgrades to an attraction," Barbrey says. "You can feel the buzz in the air. It's a very exciting time to be in the Columbia region."

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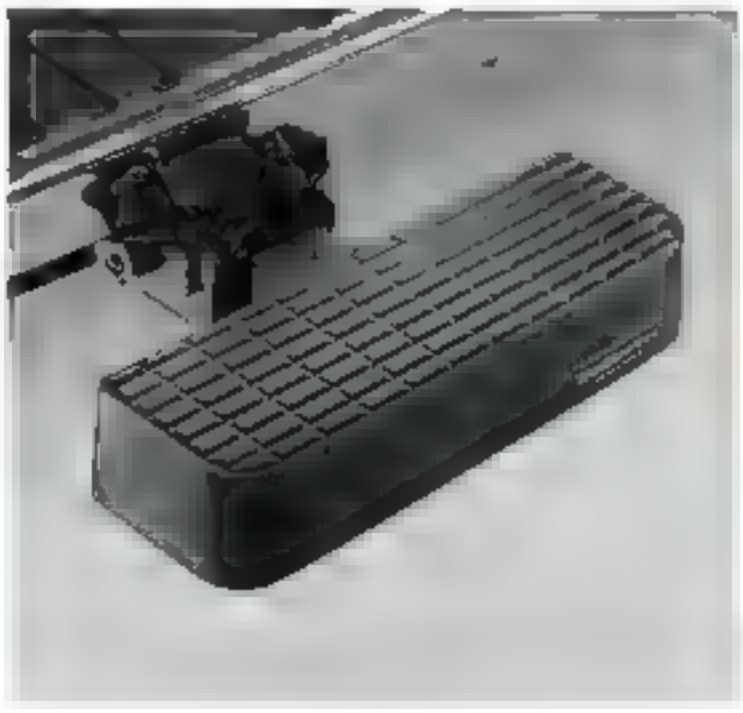

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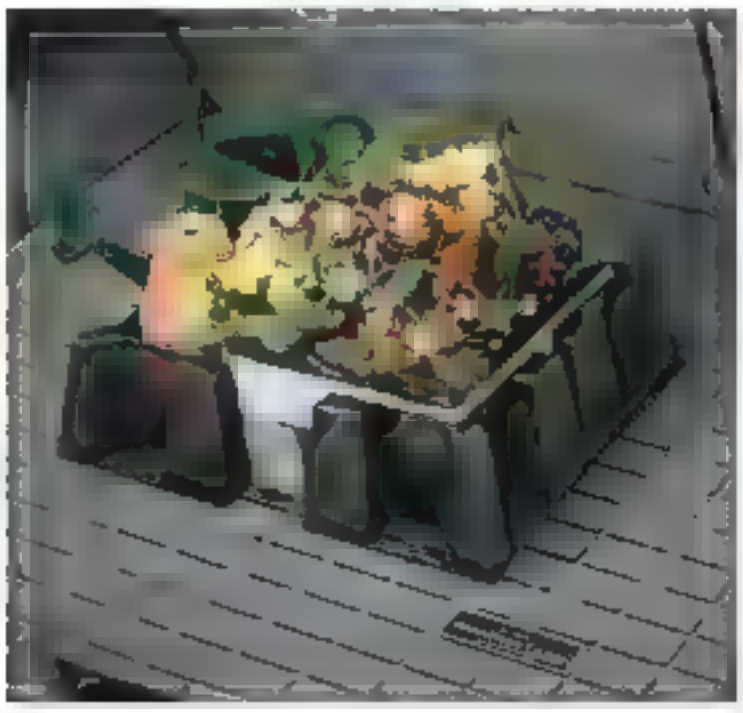

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IN ITS INFANCY, DISTANCE LEARNING WAS THE OUTSIDER. TODAY, IT'S A NON-NEGOTIABLE IN THE FUTURE OF HIGHER EDUCATION

by **KEVIN FEATHERLY**

When Mark James created his first flipped class, he found himself working harder than ever. The Northern Arizona University physics instructor began creating and videotaping new lectures to be viewed online by his students. His brick-and-mortar classroom became strictly a hands-on workshop. The change forced him to spend 12 to 15 extra hours a week preparing videos and graphics to put online.

The results validated his efforts. During his first two decades teaching an introduction to physics course, he often saw students struggling, which he says is natural in a difficult subject such as physics. One semester after flipping the class, students who put forth the necessary effort were achieving at much higher levels. "For the first time in 20 years of teaching that very difficult class, I felt as though most students were getting most of the material," James says.

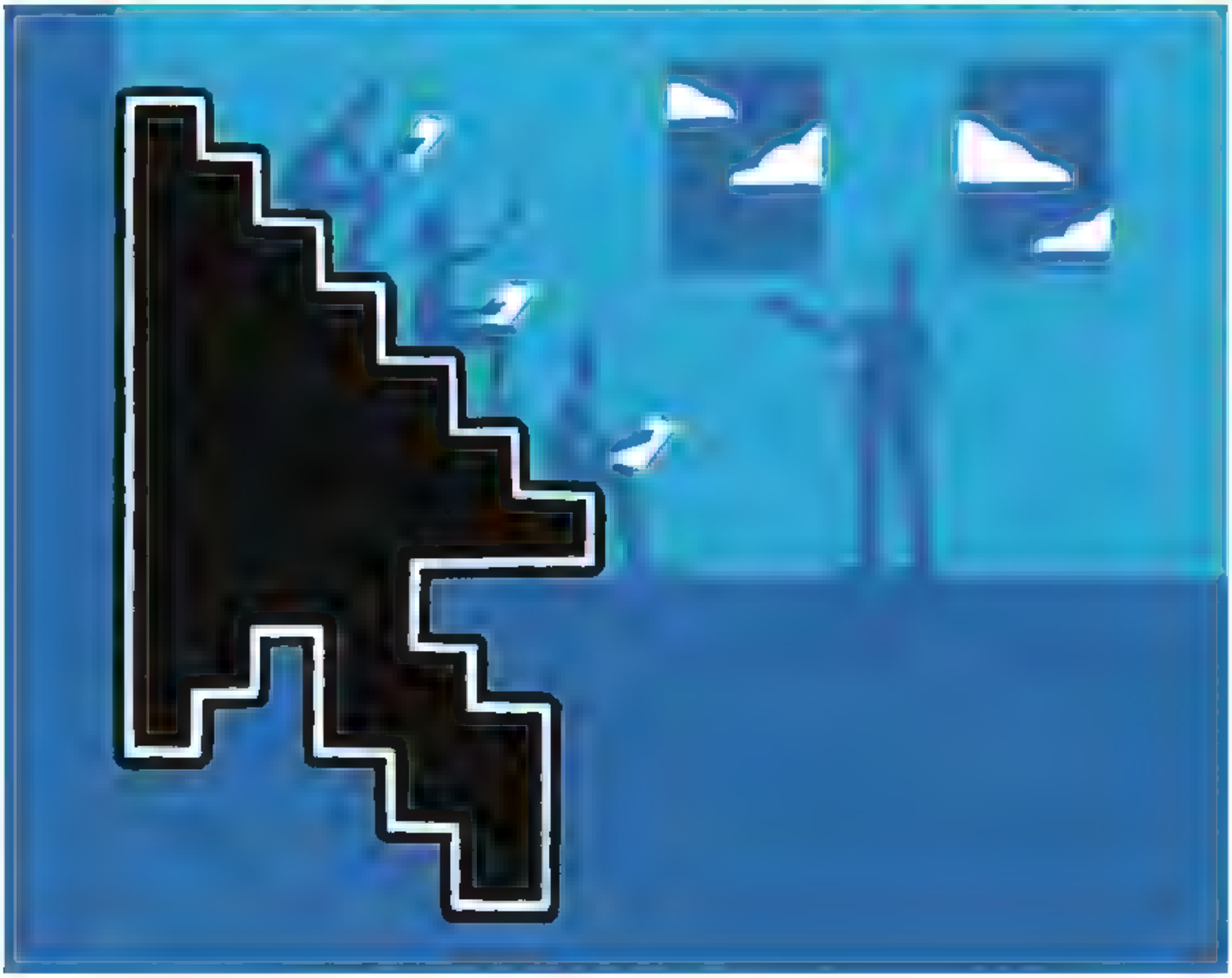

ILLUSTRATION BY THOMAS FUCHS

He is still working out kinks—he wants to shorten his videos, for example. But even in its current form, he says, the online/face-to-face model has transformed his approach to instruction.

"In class, rather than presenting material, I present students with problem sets and conceptual questions," James says. He has students break into small groups to work on them and circulates around the room answering questions.

"It is much more enjoyable for me," he says. "Plus, I get a much better idea of what kinds of issues they have, since I am talking with them instead of lecturing to them."

James teaches upper-division courses as flipped classes, as well. It has become his new norm. "I cannot imagine going back to lecturing," he says. "It just doesn't work."

The whole nature of the higher education experience is changing, according to Dr. Jonathan Rich, psychology faculty mentor at California Southern University. What was once a rite of passage and a mix of cultural experiences is now laser-focused on the task at hand: learning. That makes it easier for a wider variety of students to participate, he says. "Distance learning offers far more flexibility, making it feasible for midcareer adults and people raising families to return to school. Most distance learning activities can be accomplished on a flexible schedule so that it interferes minimally with family and work activities."

> FOR THE FIRST TIME IN 20 YEARS OF TEACHING THAT VERY DIFFICULT CLASS, I FELT LIKE MOST STUDENTS WERE GETTING MOST OF THE MATERIAL
>
> — MARK JAMES, PHYSICS INSTRUCTOR AT NORTHERN ARIZONA UNIVERSITY

Jeff Seaman is the co-author of the Babson Survey Research Group's annual survey of online learning. He is also the group's co-director. Professor James' experience squares with what Seaman calls his chief takeaway from the most recent Babson survey, published in February.

Online and distance learning—which includes but is

not limited to flipped classrooms is now a normalized part of American college instruction, Seaman says. "It is just another delivery mechanism."

Consequently, online enrollment's most rapid growth phase has moderated. Public institution enrollments rose modestly, by 4.6 percent, between 2012 and 2013, the February survey shows. They rose 12.6 percent at private not-for-profit institutions during that period.

For-profit online enrollments, however, fell off by 7.9 percent in between 2012 and 2013. Concurrently, enthusiasm for massive open online courses, also known as MOOCs, appears to be waning. These free, often college-level courses are offered by 8 percent of college institutions nationally.

Dr. Karen Pedersen is chief knowledge officer for the Online Learning Consortium, a sponsor of the Babson survey. (She is also married to James.)

Pedersen believes that for-profit online degree programs might be staggering under the weight of the "completion agenda." That is a national push to enact policies that, among other goals, tie college funding to improved graduation rates.

"The emphasis now is more about finding the right students for your programs and interfacing with them," Pedersen says. "It's really about bringing them to degree or certificate completion."

That's not to say that all for-profits are problematic, says Marie A. Cini, provost and senior vice president for academic affairs at the University of Maryland University College, a public university that primarily offers distance-learning programs. "On the academic side, for-profits have been quite innovative and serve adult students in ways that we have all learned from," she says.

As for the waning influence of MOOCs, OLC's Pedersen blames overheated hype. Cini says Ivy League schools and research universities developed MOOCs to attract more students through online "faculty lecturer" courses. But distance learning has advanced, she says, leaving many MOOCs in the dust. Their decline was predictable. "Having thousands of students without clear facilitation and direction leads to low retention," Cini says.

Still, she says, no one should count them out. "With the advent of better learning design, data analytics and academic technology embedded in MOOCs—and their turn toward training and develop-

ment they may yet find their place in the lifelong learning space," she says.

[illegible]NG AND FLIPPING

The rate of distance learning growth may be plateauing, but it still accounts for a major portion of the growth in overall higher education enrollment. Between 2012 and 2013, the year-to-year increase in distance learning (189,187 enrollments) was a whopping 73.7 percent of the total increase (256,650 enrollments) of overall enrollments.

"I think we are in a time of great change," says OLC's Pedersen. "We're seeing new personalized approaches, competency-based approaches, new opportunities for touch points with students and changes in the faculty role. It's just a matter of how we get there, who gets there and what it looks like when we get there."

There is real enthusiasm these days for blended learning, a model that requires both online and face-to-face classroom participation—flipped classes are one example. One-third of chief academic officers see that model as either somewhat or fully superior to either traditional instruction or online-only distance learning, according to the Babson study.

> [DISTANCE LEARNING] IS NOW THE BASE ON WHICH ANY NEW CHANGES WILL BE BUILT
>
> — JEFF SEAMAN, CO-DIRECTOR OF THE BABSON SURVEY RESEARCH GROUP

Marianna Kepka, assistant provost for academic administration at Northwestern University in Evanston, Illinois, is a proponent of blended learning in all its forms. It has proven, in at least one case at her school, to be a spur to innovation.

At Northwestern's McCormick School of Engineering, Michael Peshkin created a tool called the Lightboard. Professor Peshkin describes it as a "glass chalkboard pumped full of light." He developed it himself as an aid to online lectures.

On video, Peshkin can be seen writing on what appears to be a clear glass pane or even the empty air. As he speaks, he scribbles notes; a mirror transposes the letters so they are legible to the viewer. "What that solves for him is writing on a whiteboard without

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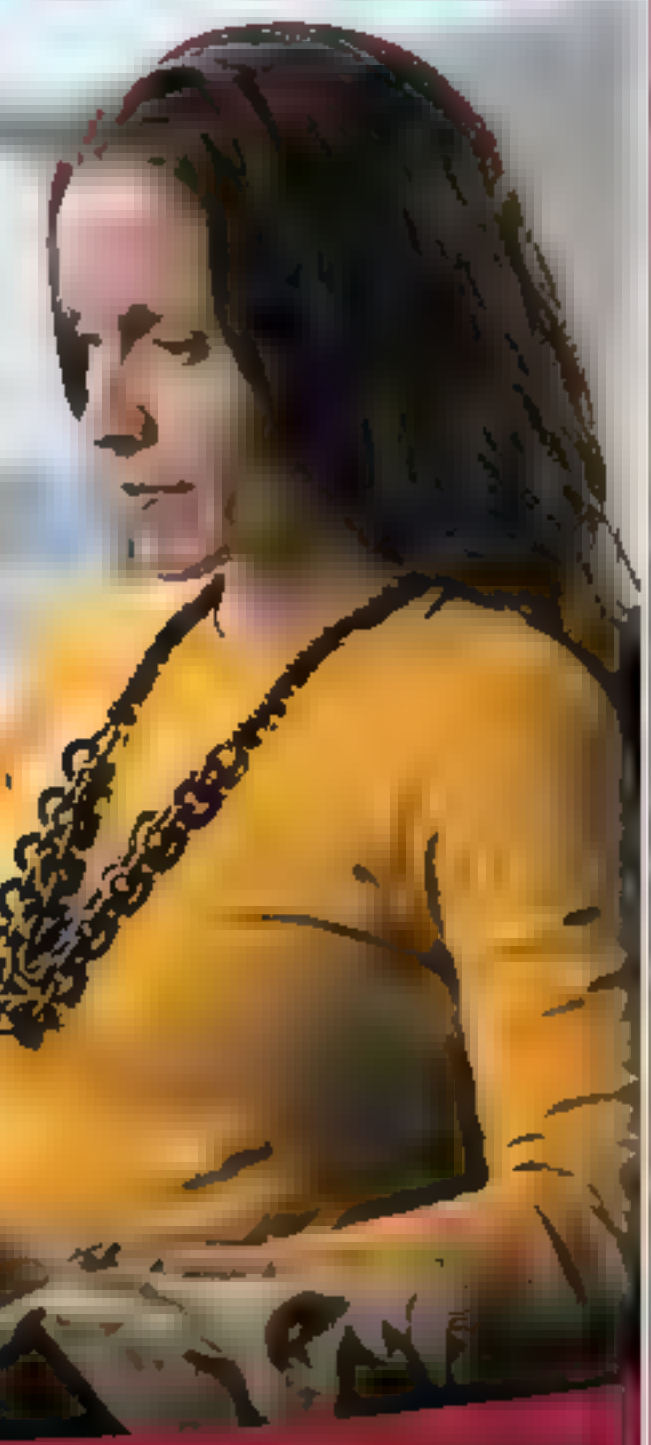

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turning his back to the students," Kepka says.

Peshkin never patented his invention, preferring to let other instructors run with it. "I think something like 20 or more colleges and universities have adopted it," Kepka says. "It is just one example of how this movement for online learning is actually improving the learning that is taking place locally as well."

University College's Cini says her school offers about 15 percent of its courses in a blended setting. She says students respond well, especially new students transitioning to fully online coursework.

"They seem to find a comfort in having at least some contact with the instructor directly," she says. "That does not mean that students want this throughout their entire degree—at least we haven't found that. But in getting started with online, the blended approach can be a transition for students."

In 1979, Steve Jones, in his late teens, wrote educational content for the Programmed Logic for Automatic Teaching Operations platform. In 1999, he founded the Association of Internet Researchers. In 2002, he edited the expansive *Encyclopedia of New Media*. Now a distinguished communications professor at the University of Illinois at Chicago, Jones has written books about computer-mediated communities, cyber society and the Internet for homeschoolers. He remains an editor at the scholarly journal *New Media & Society*.

Given that background, it may be surprising that, as a teacher, Jones never took up distance learning. That is not for lack of opportunity, and clearly Jones understands its significance. He says it just isn't what he signed on for when he became a college professor. "It's a major shift in one's mindset to think in those terms."

Jones is not alone. The Babson survey notes that instructors traditionally lag behind administrators in online and distance learning acceptance. Only 28 percent of chief academic officers reported in 2014 that their faculties fully accept the "value and legitimacy of online education." Though number is the same today as it was in 2002, it fluctuated slightly in intervening years, says Seaman.

CAOs, on the other hand, view distance learning far more positively. Almost 71 percent say that online learning is critical to their

institution's long-term strategy. That's up from 49 percent in 2002.

Such confidence may be rooted in outcomes, such as those that James has described. The number of CAOs who rate their online students' outcomes as equally good or superior to face-to-face instruction has grown, from 57 percent in 2003 to 77 percent in 2012. That dipped slightly, to 74 percent in 2013, but held steady in 2014.

Rich notes that there are some inherent but intangible values associated with distance learning, too. "In addition to the course content, distance learning familiarizes students with creative uses of technology," he says. "Graduates of distance learning programs are more likely to make innovative use of technology in the workplace." He cites applications of that knowledge in telemedicine, digital marketing and telecommuting as examples.

Seaman once wondered whether the enthusiasm gap between instructors and administrators would be distance learning's downfall. That has not proved to be the case. Administrators always find a way to staff new online courses, he says.

And if you dig just below the surface, even the naysayers usually reveal themselves to be believers, Seaman says.

"If you ask a faculty member, do you believe in online education's value and legitimacy, the answer overwhelmingly is no," Seaman says. "Ask another question, have you ever recommended an online course to one of your student advisees? The answer for that overwhelmingly is yes."

Meanwhile, Jones is surpised to learn from the Babson survey that almost 9 percent of CAOs do not view distance learning as vital to their long-term strategy, and that another 20.6 percent were neutral. "Isn't that weird?" he asks. "That's kind of like, 500 years ago, saying that books are [useless]."

Jones does not wish for distance learning to wither away, but he does have reservations.

"I think we are better off for having it," Jones says of distance learning. "But I don't think it is something that we should think of as a substitute for other forms of education."

There are many takes on what all this means. However, there is consensus on one point: distance learning is here to stay.

"It is now the base on which any new changes will be built," Seaman predicts. ◥

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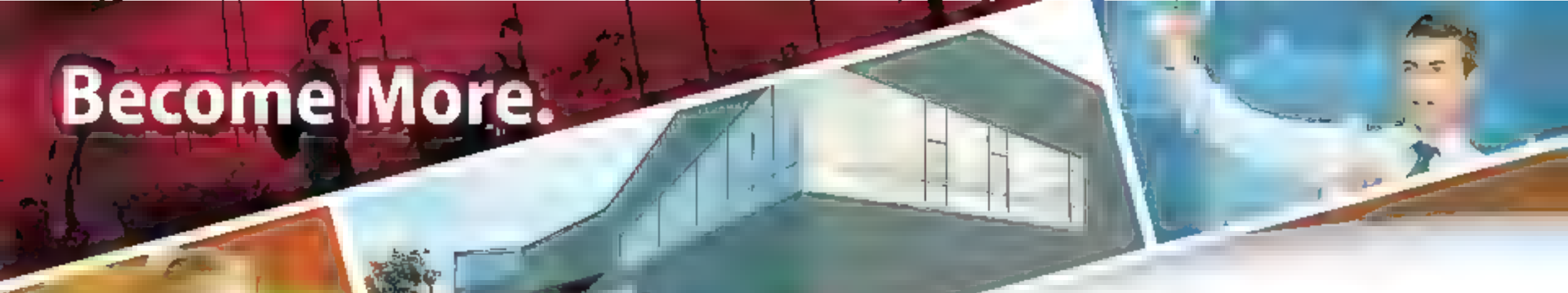

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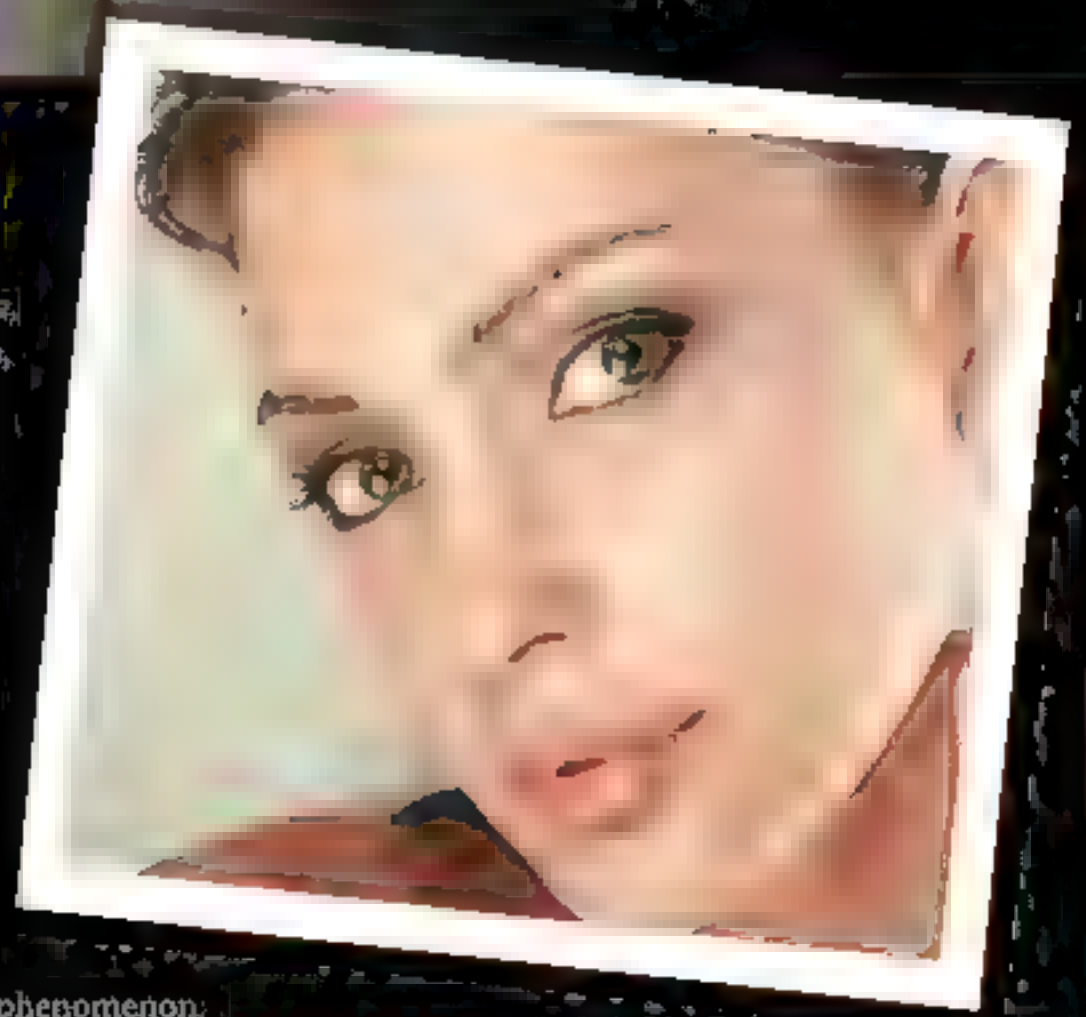
AMERICA's TOP 5 ANTI-AGING SUPER SOLUTIONS!

Here they are... the top 5 anti-aging superstars everyone is talking about! As we all know, in today's youth-obsessed culture, looking young, radiant and vibrant isn't just about vanity... about keeping your edge and staying competitive. Which one of these anti-aging super solutions [illegible] for you? Try one or try them all; each one [illegible] money-back guarantee. (Remember to visit the [illegible] websites for full details on each product)

Editor's Pick!

1 Growth Hormone Therapy: The Long-Awaited "Fountain of Youth"?

Everybody's talking about human growth hormone (hGH). It's been featured on *The Doctors*, *The Today Show*, *Good Morning America*, *Fox News*, and *CNN*. *Allure* magazine, in its "Anti-Aging Special" issue, highlighted growth hormone as its year-end call-out. *Shape* magazine began a recent growth hormone article with the provocative lead in: "When you see a 50-year-old actress who can pass for 35, you can bet that good genes aren't the only things responsible for her youthful glow." But when the internationally famous TV host himself told his audience about an oral compound that's been proven to increase mean, serum (blood) growth hormone levels by 682% and said, "I have been searching for this from the day we started the show. I've been looking for ways of increasing hGH naturally because I don't like getting the injections..." OMG! Almost immediately, this underground "miracle pill" became a full-blown "anti-aging" phenomenon.



The compound is being sold under the trade name SeroVital®-hgh, and it's quickly gaining an almost "cult-like" following because, let's face it... something that just may have the power to reduce wrinkles, tighten saggy skin, decrease body fat, increase lean muscle mass, boost energy, rev up sex drive, and make you look and feel decades — not years, but DECADES — younger is, at the very least, irresistible... especially when it's protected by not one but ten U.S. Patents.‡ But is there a catch? Get all the facts at SeroVital.com. SeroVital is currently available at all Ulta stores, Kohl's, select GNC locations and direct from the manufacturer at 1-800-785-5960 or SeroVital.com. Use promo code HGH337 and get free shipping.†

†Free standard shipping in the continental U.S.A. only. All trademarks are the property of their respective owners. These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease. [illegible] 7,877,922; 8,608,763; 8,303,764 and 8,515,311. Individual results will vary. ©2015 All Rights Reserved. BR15727-1.

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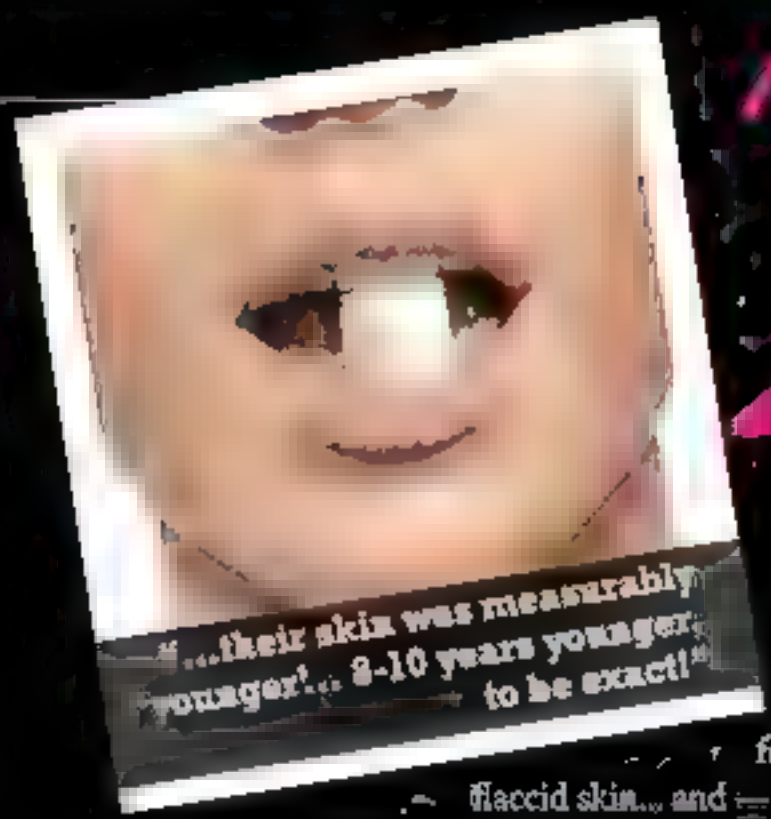


2 "This may very well be the most significant breakthrough in skin care since the discovery of retinol"

Did you know sugar can age your skin... maybe even faster than the sun? That's right. Sugar causes wrinkles through a process called glycation, and if you think you can avoid "sugar damage" to your skin by simply reducing your daily sugar intake... think again! That's why a revolutionary new product named GlyTerra®-gL is being called "the most significant breakthrough in skin care since the discovery of retinol." While everyone is really excited about GlyTerra's effect on "sugar damage," let's not forget that GlyTerra also reduces the appearance of existing fine lines, deep wrinkles and crow's feet... visibly improves the appearance of age spots and loose, droopy, flaccid skin... and — most importantly — makes everyone's complexion look healthier, more radiant, and significantly younger. Not even retinol can do all that! And ever since its debut at the 9th World Congress of Cosmetic Dermatology held in Athens, Greece, it's become a favorite of some of the most well-respected beauty editors around the globe... including me! You can find GlyTerra (a two-part system consisting of a quick-absorbing, light-textured "Day" Cream [makes an excellent base for applying makeup!] and a highly concentrated "Night" Cream for powerful overnight effectiveness) for about $135 (approximately 45-day supply) exclusively from the manufacturer calling 1-800-285-3340 or visiting www.GlyTerra.com. Use the promo code **GLY69** at checkout and shipping is free.†

3 The European Wrinkle Pill!

What if someone told you that you could take a simple pill and grow new, younger, vibrant looking skin? Sounds like something from a sci-fi novel, right? Well... this European research breakthrough is backed by gold-standard science, and it's available now. It's called UniLastin,™ and industry insiders are convinced it's going to completely change the way we care for our skin.

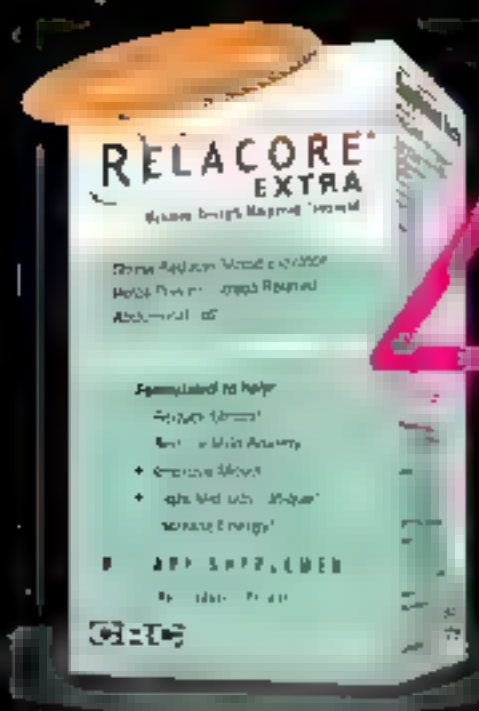
This exciting, patented new complex literally helps replace the saggy, wrinkled, old-looking surface with new, youthful, radiant-looking skin making it thicker, denser, and firmer, increasing both collagen and elastin, and even decreasing the depth, width and length of wrinkles. Your skin will not only look younger... it will actually *be* younger!

And because it's an oral compound that works systemically (throughout the entire body), it has the inherent capacity to improve the skin all over... not just on your face, but from the end of your nose to the tips of your toes!

It's sort of like a facelift for the entire body... actually changing and improving the structure of your skin as it repairs itself from the inside out.

Get all the facts at UniLastin.com

Can't wait to try it? Order UniLastin by calling 1-800-829-2990 or visit the website. Use the promo code **REBUILD11** at checkout and get free shipping.



4 Is stress making your skin look older?

As if we didn't already know that stress makes you feel old, researchers have finally tied stress (even everyday, "ordinary" stress) to the rate at which our skin ages (it has to do with something called "accelerated telomere" [pronounced TEL-oh-mere] shortening... learn more at Relacore.com). The best way to slow down stress-related skin aging? Relacore® Extra. For those of you unfamiliar with it, Relacore Extra is a super popular anti-stress, feel-good pill most well known for its ability to reduce stress-related "belly bulge" (that's why it's called "America's #1 selling belly fat pill" AND the reason why the best place to find it is in the weight-control section of your local Wal-Mart, RiteAid and Target store). Nevertheless, as more and more beauty editors are touting Relacore Extra as the new skin-care "must-have," Relacore Extra is being "reborn" as an anti-aging staple (oh, and the reduction in stress-related belly fat is a bonus!). About $29 USD (extremely affordable) at smarter retailers nationwide, direct from Carter-Reed at 1-800-506-3932 or online at www.Relacore.com. Use promo code **RELACORE73** and get free shipping.†

5 Serious Dark Spots? [don't try to hide them] FIX THEM!

Nothing screams your "real" age louder than those telltale age spots. Bremenn Clinical (a company that's spent years researching pigment-correcting formulations like the world famous "Serious Dark Circles" cream, Hylexin®) has the solution. It's called, what else, Bremenn Clinical's Dark Spot Eraser.™ Dark Spot Eraser contains a powerful combination of super-effective skin lighteners and pigmentation modifiers that not only helps reduce the appearance of existing dark spots, but also addresses the appearance of future spot emergence, making it the ultimate solution for even the most serious dark spots. So don't try to hide those serious dark spots... fix them with Bremenn's Dark Spot Eraser. Available at Kohl's and smarter retailers nationwide, or directly from Bremenn Clinical at 1-800-698-2143 or www.BremennClinical.com. Use promo code **DARKSPOT84** and get free shipping.†

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FOCO

ENRIQUE OLVERA

Este mes, el famoso chef mexicano Enrique Olvera está cocinando algo diferente. Él te *está* ayudando un poco con tus habilidades culinarias con el lanzamiento de su primer libro de cocina en inglés, *Mexico from the Inside Out*. Con esta publicación Olvera celebra el quinceavo aniversario de su famoso restaurante *Pujol*, en la Ciudad de México, y el primer aniversario de su restaurante más casual, *Cosme*, en Nueva York. Gracias a su entrenamiento culinario, el ha ganado premios por su innovación al cocinar comida clásica mexicana. Ahora, nos brinda algunas de las mismas recetas que han recibido estos premios.

DCA

ELVIS COSTELLO Y LA AVENIDA PENNSYLVANIA EN WASHINGTON, D.C.

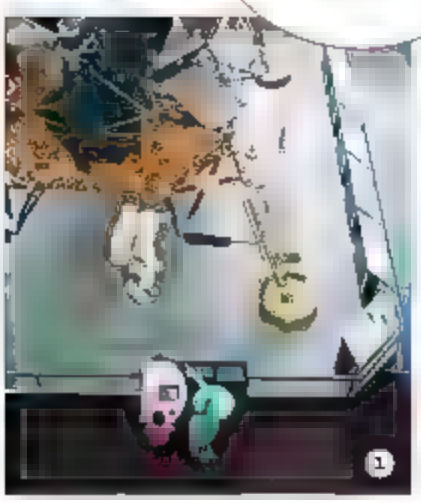
Aún cuando el título de su exitosa canción, "Every Day I Write the Book", puede hacerte pensar que el músico escribe cada día, él nunca había escrito un libro hasta este año. Su autobiografía, *Unfaithful Music & Disappearing Ink*, se publicará este mes y por consiguiente tenemos que preguntar: ¿Qué es más difícil, escribir una canción o un libro de 672 páginas? "Diría que las canciones nunca se terminan ya que puedes cantarlas con más intensidad de un día para otro, pero con un libro al final tienes que terminarlo", dice Costello. A mitad del mes iniciará una gira para presentar su libro donde nos revela detalles tras bastidores de su carrera musical durante cuatro décadas. "Encontré muchas cosas que celebrar y pocas que lamentar y no voy hablar de los malos momentos", dice Elvis. —**MATT McCUE**

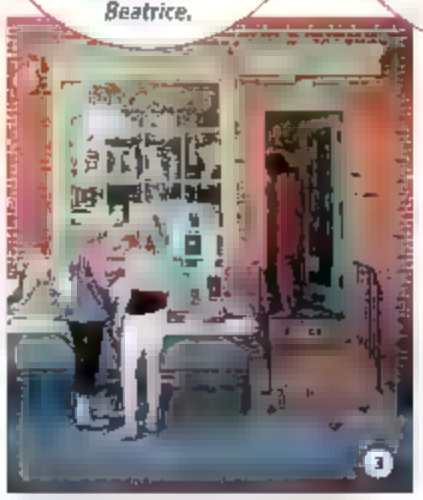
Smithsonian National Air and Space Museum
"El deseo de escapar a los límites terrestres es explicado por Kitty Hawk por medio del encanto del principio de la aviación"

Central Michel Richard
El chef Richard sirve platos con un toque francés y hamburguesas de langosta, pollo frito y barras de chocolate en este pequeño restaurante a una cuadra de la Casa Blanca.

Bridge Street Books
Costello compró en esta librería una copia de la obra de Papa Francisco, *Encíclica sobre el cambio climático y la desigualdad y Destruction Was My Beatrice.*

La Casa Blanca
En 2010 Costello interpretó "Penny Lane" en el Salón Oriental como tributo a Paul McCartney. También habló sobre las raíces de su familia en Liverpool y sobre la verdadera Penny Lane.





COORDENADAS

1. **Smithsonian National of Air and Space Museum**
Independence Ave. at 6th St SW airandspace.si.edu
2. **Central Michel Richard**
1001 Pennsylvania Ave. NW centralmichelrichard.com
3. **Bridge Street Books**
2814 Pennsylvania Ave. NW bridgestreetbooks.com
4. **La Casa Blanca**
1600 Pennsylvania Ave. NW whitehouse.gov

AMES D MARA (COSTELLO)

FOTOGRAFÍA DE SCOTT SUCHMAN

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William F. Austin en la estación de pruebas Starkey, donde él trata a los pacientes.

WILLIAM F. AUSTIN

▶ FUNDADOR Y DIRECTOR DE STARKEY HEARING TECHNOLOGIES

Desde 2001, William F. Austin ha atraído a muchos artistas, políticos y figuras deportivas a St. Paul con la intención de concientizar y recaudar fondos para la fundación *Starkey Hearing Foundation* que anualmente suministra más de 175 000 ayudas en audición globalmente. Como director de *Starkey Hearing Technologies*, con base en Minnesota, Austin está a cargo de la compañía privada más grande en la producción de aparatos auditivos en los Estados Unidos. Este año, entre los asistentes a la celebración de gala se destacaron los Presidentes Bush y Clinton y la cantante Katy Perry estuvo a cargo del entretenimiento. Este es apenas uno de los aspectos sobresalientes del ocupado año de Austin quien trabaja por todo el mundo (este mes va a estar en México y en Perú) instalando ayudas para la audición de los necesitados.

— POR GENE REBECK

SKY: ¿Cómo ha cambiado la industria durante tu carrera?

AUSTIN: Desde mi inicio en esta industria hace 54 años nos hemos alejado de instrumentos que se llevan puestos y gafas para ayuda auditiva para pasar a otro tipo de aparatos diminutos y discretos.

El estigma asociado con la discapacidad auditiva ha desaparecido a medida que estos aparatos son aceptados y muy solicitados. Con nuestros *Bluetooth*, podemos transmitir música y películas directamente al oído sin perturbar a otros. Tenemos clientes con audición normal que ahora los están utilizando.

¿Qué desarrollos ves en el futuro?

En 1970 escribí un artículo que decía: "no estamos en el negocio de aparatos de audición, estamos en el negocio de las comunicaciones personales". Cuando ayudamos a superar las barreras de comunicación, estas van más allá de la perdida de la audición (el ruido, la distancia y el lenguaje). Ahora estamos a punto de superar esas últimas barreras.

¿Cómo se inició la fundación Starkey Hearing Foundation?

Mi inspiración fue Albert Schweitzer. Como doctor solo podía impactar pocas personas pero como negocio, podría trabajar con equipos para impactar al mundo. En 1973, inicié la práctica de que si encontrabamos un paciente que necesitaba ayuda y no podía pagar por un dispositivo auditivo, se convirtió en norma el escribir en la orden "Starkey Fund". En 1983, decidimos hacer de la fundación algo perdurable: necesitabamos una fundacion real.

¿Cuántos dispositivos ha donado la fundación?

El próximo año alcanzaremos los 2 millones de aparatos auditivos. Hemos llegado a mas de 100 países y este año visitaremos Bután por primera vez. Estamos muy agradecidos por poder llevar a cabo esta labor.

FOTOGRAFÍA DE THOMAS STRAND

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NASHVILLE

ESTA BELLA CIUDAD SUREÑA TIENE MÚSICA EN VIVO Y BUENA COMIDA PARA COMPARTIR.

JASON OLIVER NIXON

Bienvenido a la Ciudad Musical que quizás es una de las ciudades más populares en los Estados Unidos. La cocina de avanzada se combina con los excelentes hoteles y los famosos sitios para ir de compras (*Wilder, White's Mercantile, Peter Nappi*) creando un gran ambiente musical y de hospitalidad. También se resalta una gran lista de celebridades y una maravillosa arquitectura (¡El Partenón!) y el resultado final es espectacular. Los amantes de la música podrán disfrutar desde giras por famosos estudios de grabación hasta 'bluegrass' (estilo de musica folclórica) y estupendos conciertos en el anfiteatro *Ascend Amphitheater* (*Florence and the Machine* se presentarán el 9 de octubre). Y según las palabras de Carol Channing, "no hay un lugar como Nashville para crear musica".

AMANTES DE LA MÚSICA

ALOJAMIENTO

Loews Vanderbilt Hotel
Los elementos musicales crean el ambiente en este elegante hotel con 340 habitaciones. Se resalta una pared revestida con las cubiertas de los albumes de Hank Williams y recuerdos de conciertos. *loewshotels.com*

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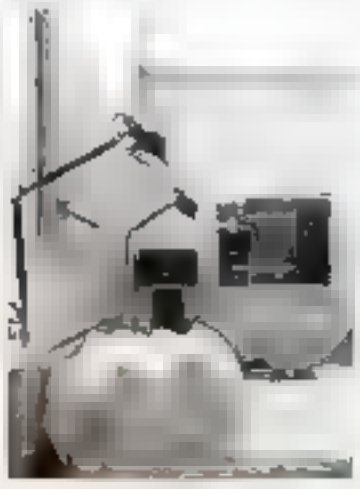


ALOJAMIENTO

The 404 Hotel
Está localizado en el vecindario de Gulch y es lo último en hotel/boutique con sólo 5 modernas habitaciones. Disfruta de la fotografía contemporánea y los muebles a la medida. *the404nashville.com*

AFICIONADOS A LA HISTORIA

ALOJAMIENTO

Union Station Hotel
Ubicado en la antigua estación de tren, el hotel combina su gran arquitectura con 125 habitaciones. Visita el área de *Music Row* y el museo de arte *The Frist Center for the Visual Arts*. *unionstationhotelnashville.com*

GASTRÓNOMOS

ALOJAMIENTO

The Hermitage Hotel
Abierto desde 1910, este histórico monasterio ofrece hermosa arquitectura impregnada de la tradición sureña. En el sótano está *Capitol Grille* donde puedes ordenar un trago en *Oak Bar* *thehermitagehotel.com*

VIAJEROS EN FAMILIA

ALOJAMIENTO

Gaylord Opryland
Toda la familia disfrutará al interior de estas cúpulas de vidrio en este gran centro de vacaciones con 2 882 habitaciones. Pasea en bote por el río, admira las fuentes o báñate en una de las tres piscinas. *marriott.com*

VEA LA PÁGINA 45 PARA LOS CRÉDITOS DE FOTOGRAFÍAS

ACTIVIDADES MATUTINAS El centro de Nashville
Llega temprano y prueba un café en *Frothy Monkey* (se dice que es el favorito de Taylor Swift) y desayuna en *Puckett's Gro. & Restaurant* (a Justin Timberlake le encantan los nabos). Luego pasea por *Ryman Auditorium*, conocido como la meca de la música 'country'.

POR LA TARDE East Nashville & Midtown
Camina por East Nashville y explora boutiques como *Fanny's House of Music*, donde encontrarás finos instrumentos antiguos y usados, y luego tómate un café en *Barista Parlor*. En el histórico *Midtown* está el estudio de grabación *RCA Studio B* y otras casas disqueras.

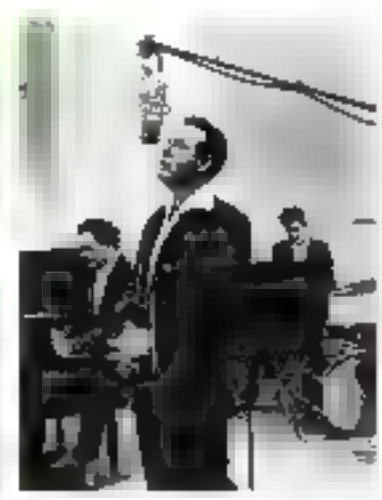
EN LA NOCHE The Listening Room Café
Nashville es una ciudad donde se bebe alcohol, y si te gusta combinar los tragos con la música en vivo, toma asiento en *The Listening Room* y ordena una cerveza local de barril. *listeningroomcafe.com*

PARA DESAYUNAR Crema
Ofrece un excelente café y bebidas mezcladas con café. Prueba el macarrón de *Utterly Nashville*. La vista desde las mesas de afuera es una de las mejores de la ciudad. *crema-coffee.com*

POR LA TARDE 12South
Dirígete hacia el vecindario de 12South. Si vas un martes, comienza en el mercado *12South Farmers Market*. Desde allí puedes caminar hasta *Imogene + Willie*, donde conseguirás pantalones jeans hechos a mano, y a *White's Mercantile*, cuya propietaria es Holly, la hija de Hank Williams Jr.

HORA DE CENAR 5th & Taylor
Es "El" lugar de moda, localizado en el histórico vecindario de Germantown, allí combinan el estilo industrial con el menú americano. Prueba la cerveza, el pollo y el pato con col y duraznos del chef Daniel Lindley mientras que admiras la escultura del héroe de la Guerra de la Revolución Francis Nash. *5thandtaylor.com*

ACTIVIDADES MATUTINAS Paseo histórico
Camina por los campos de batalla donde tuvo lugar la Guerra Civil cerca de la histórica población de Franklin, Tennessee, o visita la increíble y hermosamente restaurada vivienda del Presidente Andrew Jackson.



POR LA TARDE Histórico RCA Studio B
Visita este histórico estudio de grabación para aprender sobre esta industria en Nashville donde Elvis grabó más de 260 canciones. Luego conduce hasta la *Mansión Belmont*, otro lugar histórico convertido en museo. *belmontmansion.com*

HORA DE CENAR The Standard en la Casa Smith
Este elegante restaurante se encuentra al interior de la Casa Smith, la vivienda más antigua en Nashville. Prueba el pollo a la 'Gerber Farms Airline' con zarzamora, gachas de maíz 'Weisenberger' y calabacín o el filete 'Standard' y la torta de fruta rallada. *smithhousenashville.com*

PARA DESAYUNAR Biscuit Love
Ve al popular vecindario de Gulch y visita este camión de comida convertido en un restaurante de ladrillo y cemento y prueba el panecillo con pepinillos y el 'pollo picante' al estilo Nashville, con mostaza y miel. *biscuitlovebrunch.com*

HORA DE ALMORZAR Chauhan Ale & Masala House
Actualmente el preferido en Nashville, este restaurante/bar hindú es la creación del chef y juez del show *Chopped*, Maneet Chauhan. Ordena el plato típico "meat and three" y el postre 'gulab jamun' popular en los países del sur de Asia. *chauhannashville.com*

HORA DEL CÓCTEL Josephine
En este popular bar localizado en el área 12South, se mezcla el encanto del vecindario con las originales bebidas como 'Bee's Knees' y el especial del chef 'borbón, Aperol' (aperitivo italiano), jugo de naranja y limón. *josephineon12th.com*

ACTIVIDADES MATUTINAS El zoológico de Nashville en Grassmere
Aquí podrás alimentar a los loros, acariciar a un canguro y ver la exhibición de *Encuentros con Bichos*. Llega temprano y admira los monos gibón cuando están más activos. *nashvillezoo.org*

PARA ALMORZAR Puckett's Gro. & Restaurant
Antes de las 11:00 am, puedes ordenar los panqueques de papa dulce o las carnitas de cerdo en barbacoa y pollo frito. Tienen música en vivo todos los días. *puckettsgrocery.com*

POR LA TARDE Country Music Hall of Fame and Museum
Visita el salón de la fama. Los niños pueden tocar tambores, el arpa y el banjo en el *Musical Petting Zoo*. En el *Centro de Educación Taylor Swift* ofrecen paseos a los jóvenes músicos. *countrymusichalloffame.org*

Para más información sobre Nashville, visita delta.com/skymagazine.

Piscina en Round Hill, Montego Bay

MBJ

ENCONTRANDO CULTURA EN MONTEGO BAY

Desde los jardines botánicos en la cumbre de la montaña hasta un paseo a la villa indígena Rastafari, descubre otra faceta de este súper centro vacacional

POR LEBAWIT LILY GIRMA

Montego Bay: Estas dos palabras evocan las imágenes de las hermosas playas blancas, agua azul turquesa y generosos centros vacacionales con todo incluido. Deambular por las playas durante el día y disfrutar de la música en las noches es el *modus operandi* de los vacacionistas en este lugar. La parte noroccidental es conocida por sus bellas bahías y es la sede de los festivales musicales más grandes de la isla. Sin embargo, después de varios viajes a Jamaica que me llevaron a Montego Bay, decidí investigar más a fondo la cuarta ciudad más poblada del país para experimentar algo diferente a un largo fin de semana de música reggae. A poca distancia de Hip Strip donde los turistas se reunen a adorar al sol, uno de los sitios que atraen más visitantes, me sorprendió al encontrar experiencias que conforman la esencia de Jamaica donde la historia de la isla y el arte se mezclan con el hermoso paisaje.

En el jardín botánico **Ahhh... Ras Natango Gallery and Garden,** en las colinas de Camrose, el momento de sorpresa llega al presenciar los diferentes niveles del jardín rocoso localizado a unos 600 metros de altura sobre el nivel del mar Caribe, cubierto con plantas y flores nativas de la isla. El sonido de los 18 colibrís que habitan el lugar no es silenciado por el suave murmullo de la cascada artificial que desciende desde la parte alta de la propiedad. Al interior, las coloridas pinturas de jardines elaboradas por el dueño y artista Ras Natango, exhibidas junto al trabajo artístico de su esposa y otras manualidades, atraen turistas en busca de objetos únicos hechos en Jamaica. Un servicio gratis de transporte lleva y regresa a los visitantes a sus centros vacacionales a sólo unos 15 minutos de distancia.

Requiere un poco más de esfuerzo llegar hasta la villa de Irwin. Es un viaje de 15 minutos donde paso por riachuelos que me llegan hasta los tobillos y camino sobre

ROUNDHILL JAMAICA

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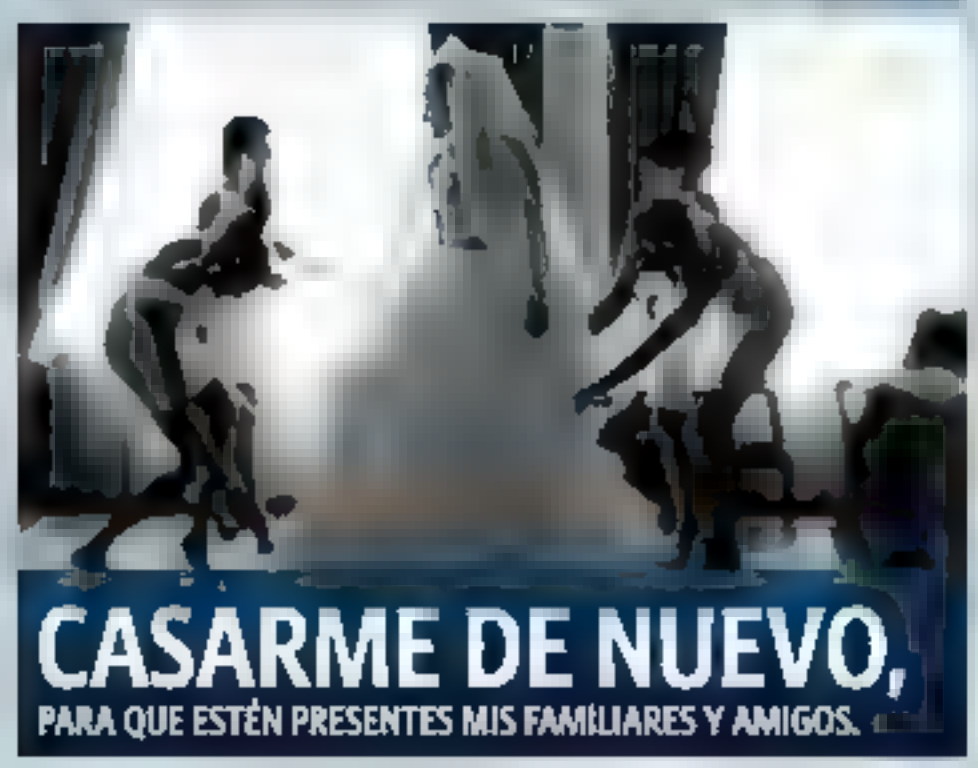

CASARME DE NUEVO,

PARA QUE ESTÉN PRESENTES MIS FAMILIARES Y AMIGOS.

QUIERO LLEVAR

A MIS SOBRINOS A UN VIAJE SORPRESA.

KEEP CLIMBING

DELTA

*Para El Caribe, únicamente Puerto Rico y Republica Dominicana.

No se requiere de ninguna compra. El Concurso comienza a las 9 AM EDT del 28 de septiembre del 2015 y termina el 31 de octubre del 2015 a las 11:59 PM EDT. Abierto a todos los residentes legales de los 50 Estados Unidos y el Distrito de Columbia, que tengan 21 años de edad o mayores al comienzo del Concurso. Nulo donde sea prohibido. Patrocinador: Delta Air Lines, Inc. Para reglas completas, visita www.miproximavisita.com

rocas sumergidas. En la distancia divisa la **Aldea de los Indígenas Rastafari.** Este lugar no tiene nada de superficial. La anciana población, vestida con túnicas africanas de algodón 'burlap' tejidas a mano, irradia espiritualidad. Aprendemos sobre la historia del movimiento Rastafari, que nacio en Jamaica hacia 1930, y el origen de *Un Amor*, el principio de la vida Rastafari de tratar cada animal, planta y persona como la continuación de uno mismo. Una hoguera encendida en medio de un patio quema la mala energia y el eco de los tambores se escucha en las colinas. Hacia mi partida, un anciano Rasta me enseña la palabra *Irie*: "Todo es bueno, ¡todo está bien en la vida!".

De regreso en la ciudad voy al 'verdadero' centro MoBay en Sam Sharpe Square y en el nuevo **Centro Cultural Montego Bay.** La antigua sede del centro cívico ahora renovada alberga extensiones del *Museo Nacional de Jamaica* y la *Galeria de Arte Nacional*. Esto es parte del esfuerzo del gobierno por preservar el patrimonio cultural. Allí encontrarás información sobre la historia del país y artefactos de diferentes períodos: desde la época de los Tainos, los tumultuosos días de esclavitud, hasta la Jamaica moderna.

Después de aprender sobre la flora del país, pasar el día con el pueblo Rastafari, respirar el aire puro del campo y explorar museos, no sería una completa experiencia si no voy a la playa. No voy a *Doctor's Cave* ni tampoco a *Hip Strip*. Me demoro 10 minutos para llegar al vecindario de *Ironshore* donde encuentro **Memorabilia Bar & Grill,** un oasis alejado de la autopista con su propia playa blanca y privada. Después de beber un *rum n' Ting* (ron con un toque de soda de toronja jamaiquina) y algo del 'jerk chicken' (pollo jamaicano), voy hasta el kiosco a la orilla del mar, me pongo mi traje de baño y me sumerjo en el mar Caribe.

¿DÓNDE HOSPEDARSE?

En **Round Hill** hospédate en una de las suites con vista a la playa o en una de las lujosas villas con un gran panorama del Caribe. El nuevo **Hyatt Zilara Rose Hall,** ideal para familias, se destaca por el transporte gratis al aeropuerto. El **Hyatt Zilara,** sólo para adultos, es perfecto para pasar un día en Montego Bay.

¿DÓNDE COMER?

En **Robbie Joseph's Seahorse Grill** en el *Yacht Club*, siéntate en el muelle y disfruta de platos "con un toque de la cocina de las Indias Orientales". En **Scotchie's** puedes escoger tu carne para comer el mejor pollo jamaicano a la parrilla. En **The Houseboat Grill,** en *Montego Bay Marine Park Fish Sanctuary*, puedes celebrar una ocasión especial.

Club de los niños en el Hyatt Zilara Rose Hall

RANDA LINELSON MAPAS VRX STUDIOS HYATT

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Con estas sazones comenzarás a planear un viaje a Israel

POR INGRID HOFFMANN

Una de las cosas que prefiero hacer para meterme de lleno en la cultura de un país es probar la comida. Hace poco estuve por primera vez en Israel y aunque mi viaje estaba centrado más que todo en la historia y la cultura, nunca me imaginé que la comida iba a sobresalir tanto. Desde los restaurantes de primera calidad en Jerusalén hasta la comida callejera en el antiguo mercado y en Mahane Yehuda Market, ¡es imposible comer una mala comida en este lugar! También te sorprenderá la calidad y cantidad de productos agrícolas que han podido plantar y cosechar en el desierto.

Al regresar, quedé inspirada por la gente, los colores y las sazones (como el *Za'tar* y el *Sumac*) y la comida como el *falafel, shwarma, bourekas, hummus* y el famoso *shakshouka* (huevos cocinados en agua). Esta es mi versión del delicioso shakshouka que es la comida perfecta para cualquier hora del día. ¡Buen Provecho!

ANDREW MEADE

SHAKSHOUKA ISRAELITA

PORCIONES: 4-6

- 2 cucharadas de aceite
- 1 cebolla grande finamente picada
- 1 pimiento rojo sin semillas y finamente picado
- 3 dientes de ajo finamente picados
- 1 cucharadita de comino en polvo
- 1 cucharadita de pimentón dulce
- 1 (28-onzas) lata de tomates picados
- 6 huevos grandes
- sal y pimiento al gusto
- cilantro fresco picado

1 Calienta el aceite a fuego medio en una sartén grande. Añade la cebolla y el pimentón rojo. Cocina hasta que la cebolla esté suave y translúcida, por más o menos 10 minutos. Añade el ajo y cocina de 1 a 2 minutos. Añade los tomates y sazona con sal y pimiento a gusto. Hierve todo a fuego lento hasta que la salsa haya espesado (más o menos 10 minutos).

2 Rompe un huevo a la vez dentro de un molde pequeño (ramequin) y lentamente añádelo a la salsa. Continúa con los otros huevos. Cocina a fuego lento, 8-10 minutos, dependiendo de cuan duros los desees. Espolvoréalos con cilantro picado y sirve.

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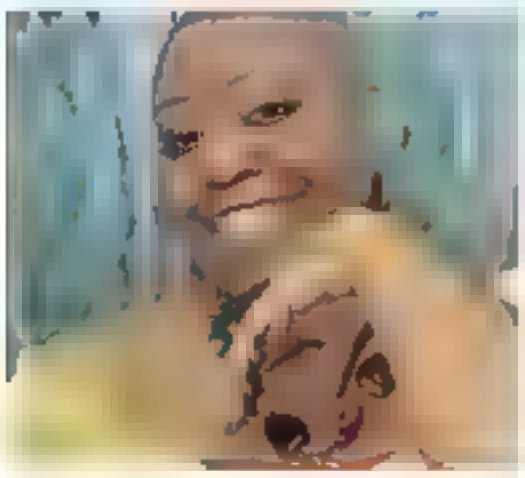
BIRMINGHAM

DELTA SALUTES

DELTA EMPLOYEES: BREAST CANCER STORIES

For full versions of the stories below, as well as other employees' journeys please visit delta.com/skymagazine



Fatima after her first week of chemotherapy

John's father on July 12, 2014

Renee ready to serve pink lemonade in her pink uniform

Teresa at the DFW office

Fatima Matson,
Airport Customer Service Agent

When I was 16 years old, my mother was diagnosed with breast cancer. After a three-year battle, God decided that she had fought a good fight, but it was time for rest and peace.

In 2011 I was diagnosed with breast cancer. I underwent a double mastectomy and four months of chemotherapy.

I am once again in the fight of my life. I recently found out that my cancer has returned and has metastasized to my spine.

There are a lot of things that my legacy will entail when I'm gone, but dying of cancer at 32 years old and leaving my husband and babies behind isn't one of them. This I know for sure, and so I fight. I'm going to beat this again. Cancer doesn't get to win.

John Carroll,
First Officer

My dad was diagnosed with breast cancer six years ago when he was 75. Five years after treatment, he was excited to get to the annual checkup to be declared "cancer-free," but cancer had other thoughts. In June 2014, the cancer returned and metastasized to his liver. He died September 18, 2014.

Breast cancer has cut a wide swath through my family. My mom is a 10-year survivor. I lost an aunt to the disease six years ago. I have five friends all of which have wives in varying stages of treatment or recovery.

I've been honored to fly the "Breast Cancer One" survivor flight on one occasion in 2009. It was a highlight of my career at Delta to be surrounded by so many courageous cancer survivors. I took strength and solace from those memories as I watched my dad fight breast cancer.

Renee Tanner,
Flight Attendant

I look forward to October. I enjoy visiting our "pink boutiques" to purchase pink uniforms and other items to raise funds for BCRF.

I remember my sister who battled breast cancer for nine years. She lived in the moment and always tried to bring a smile to a face each day. She inspired others and brought hope. She celebrated life every single moment of every single day. She loved fully. She was 43 when cancer took her life, but it didn't win. Her life taught me how to live.

When I'm serving pink lemonade, I'm getting a lot more out of our campaign than promoting awareness and raising funds for breast cancer research. I feel like I'm continuing her battle and living the miracle that was my little sister, Andree Manu Pulu Rice.

Teresa Douglas,
Reservations

My journey began at the age of 39. During a regular mammogram, malignant tumors in my breast and cervix were discovered. I had two surgeries in one day and treatment after surgery was seven weeks of radiation. I needed support from other survivors who could identify with the fear and the changes my body went through during treatment. Once a month, I attended a cancer survivor support group.

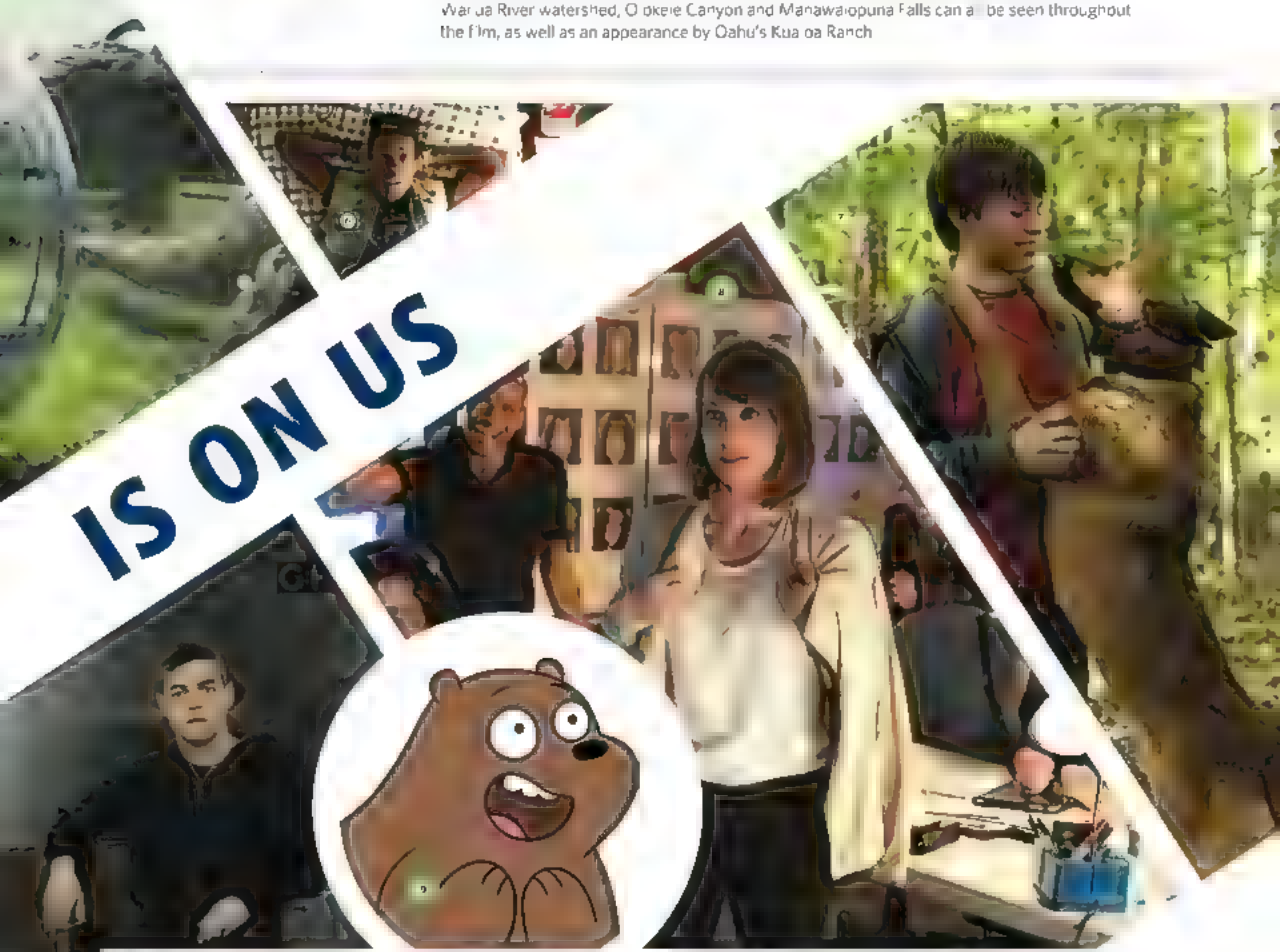
Two years later the cancer returned and I found a cancer support group with the Baylor Health System. Our group meets once a month with different medical providers to answer questions about treatment, nutrition, wigs and referrals. Being diagnosed with cancer has changed my life for the better. I care about another person's well-being even if the individual is not a cancer patient or survivor.

DELTA STUDIO

THE ENTERTAINMENT

ON LOCATION

Just like its predecessors, *Jurassic World* was shot primarily on Hawaii's Kauai Island—the stand-in for the fictional Isla Nublar. The Napali Coast, National Tropical Botanical Garden, Wailua River watershed, Olokele Canyon and Manawaiopuna Falls can all be seen throughout the film, as well as an appearance by Oahu's Kualoa Ranch.



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NEW RELEASES

1. **Entourage** *Movie*
2. **The Goldbergs** *Television*
3. **CSI: Cyber** *Television*
4. **Amy** *Documentary*
5. **Jurassic World** *Movie* ●
6. **Dope** *Movie*
7. **Max** *Movie* CC
8. **UnREAL** *Television*
9. **We Bare Bears** *Television*
10. **Mr. Robot** *Television*
11. **Ant-Man** *Movie* CC
12. **Magic Mike XXL** *Movie*

3 WAYS TO WATCH

- **Seatback Screens**
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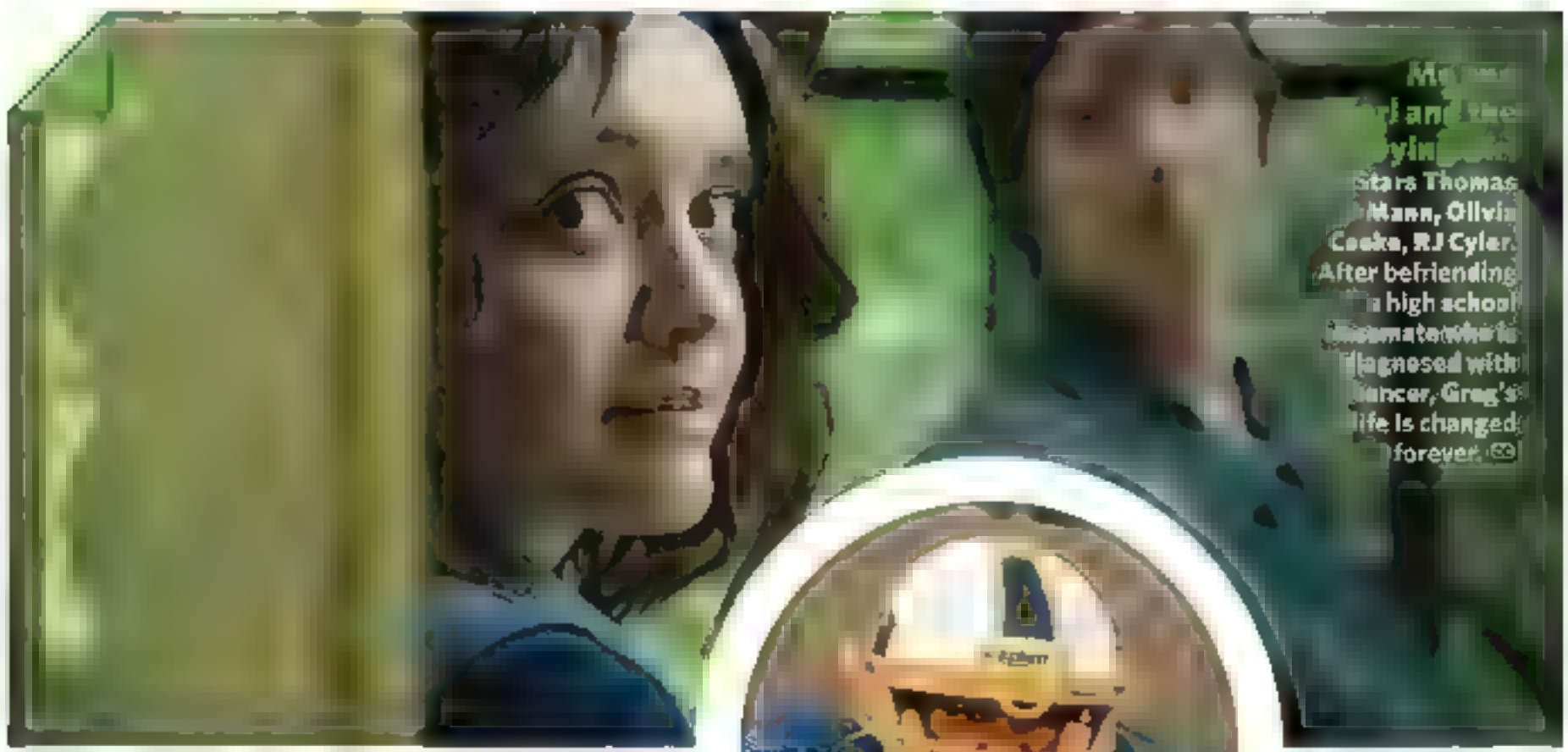
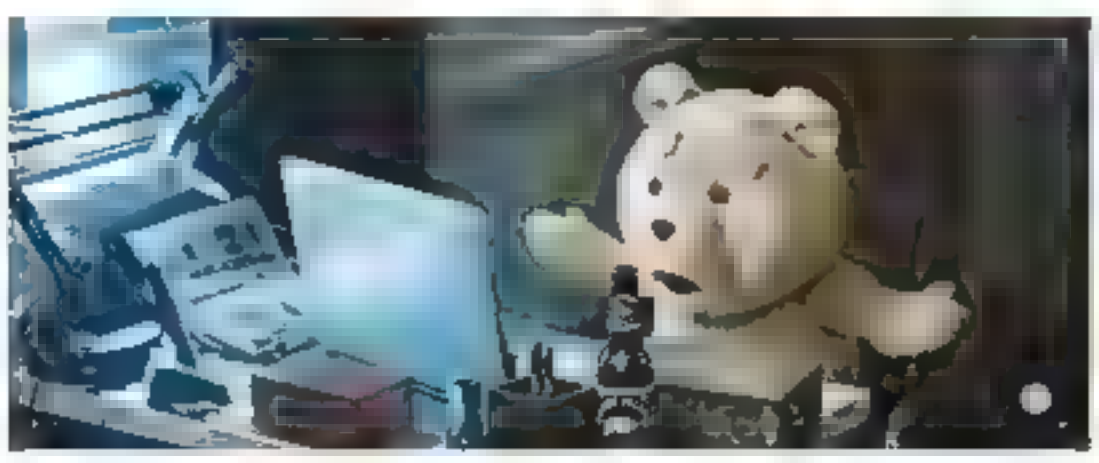
DELTA STUDIO

MOVIES





1. Mistaken for Strangers
Filmmaker Tom Berninger takes us on tour with The National when he becomes a roadie for his brother Matt, the lead singer of the rock band

2. A Royal Night Out
Stars Bel Powley, Emily Watson. Princesses Elizabeth and Margaret have a wild night when they are allowed to leave the Buckingham Palace on V-E Day in 1945

3. The Roughnecks
This documentary follows the lives of Fort Worth's Ridgeia Roughnecks players through a season of 11-year-old division football

4. Infinitely Polar Bear
Stars Mark Ruffalo, Zoe Saldana. A bipolar and manic-depressive father takes care of his ambitious daughters full-time while his wife goes to graduate school

5. Ted 2
Stars Mark Wahlberg, Seth MacFarlane (voice). When the law says Ted and his wife can't adopt a child, he gets help from a civ rights attorney and a beautiful young lawyer

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HALLOWEEN
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FOOTBALL
[illegible]
Rudy
[illegible] Blues
[illegible]
[illegible]

COMEDY
Aloha
Pitch Perfect 2
Man Up
Spy
Hot Pursuit

ACTION & ADVENTURE
Terminator Genisys
San Andreas
Tomorrowland
Furious 7
Insurgent

DOCUMENTARY
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[illegible]
Oscar and I
The Wrecking Crew
[illegible]
Lambert & Stamp

SKY KIDS
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Inside Out
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The SpongeBob Movie: Sponge Out of Water
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FREE OVERHEAD MOVIES OCTOBER 1-31

All programming is offered in English and other languages based upon route

[illegible] Eastbound
[illegible]bound
Ant-Man [illegible]
[illegible]
[illegible]
Max
[illegible]

To [illegible], Hawaii, [illegible] Caribbean, Central [illegible]
Ant-Man [illegible]
[illegible]
[illegible] Central America
Max
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Max 日本語
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April Fools'* 日本語
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"Angela Sun finds the most authentic foreign experiences without needing a passport. The series explores how immigrant communities across the U.S. keep true to their traditions and cultures. It's like traveling abroad without leaving the country."

— ***PlanesTrains+Automobiles' Betsy Sanner Ayala on* Foreign In The USA**

TELEVISION

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- Light Classics
- Billboard Hits
- More Billboard Hits
- Off The Charts
- Bluegrass
- TED Ideas In Flight
- The Great Courses Food: A Cultural Culinary History
- Sounds of Brazil
- Soft Hits
- Alt-Indie Rock
- Classic Rock
- Spotlight: George Shearing, Part 1
- Spotlight: George Shearing, Part 2

Off The Charts
Straight from the charts and beyond. Enjoy some of today's hottest pop tunes from Snoop Dogg, **Hozier**, Rachel Platten and more.

Bluegrass
Enjoy some of the top banjo-pickin' artists to hit the bandstand, including Alison Krauss, **Chatham County Line** and others.

TED Ideas in Flight
What drives adventurers to constantly push to the brink of human endurance? In this hour, TED speakers share their ultimate experiences.

Alt-Indie Rock
The spectrum of nineties alternative bands ran far and wide. Reminisce with rock tracks from bands such as Eve 6, **Our Lady Peace** and others.

Award-winning country singer **Jason Aldean** is currently on his 2015 Burn It Down Tour through the end of this month. Be sure to listen to his single, "Just Gettin' Started," on board now.

DELTA PRESENTS THE BILLBOARD ARTIST 100

Listen to these artists in flight this month

OMI
Cheerleader

Mumford & Sons
Believe

Carrie Underwood
Something in the Water

David Guetta ft. Nicki Minaj and Afrojack
Hey Mama

One Direction
Stockholm Syndrome

J. Cole
Apparently

Jason Aldean
Just Gettin' Started

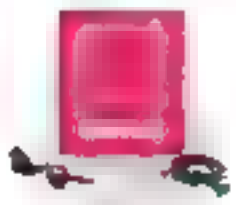
Calvin Harris ft. Ellie Goulding
Outside

Hozier
Someone New

Flo Rida ft. Robin Thicke and Verdine White
I Don't Like It, I Love It

Kenny Chesney with Grace Potter
Wild Child

Kelly Clarkson
Heartbeat Song



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*Pink earbuds only available for sale on select domestic flights.

DELTA ARTIST SPOTLIGHT

Charlie Puth

After lending his writing, producing and singing talents to Wiz Khalifa's chart-topping "See You Again," from the motion picture *Furious 7* soundtrack, Charlie Puth is ready to step out as an artist in his own right with the release of his debut LP *Nine Track Mind*, available November 6. Be sure to listen to him on board now!

CATCH THESE CONCERTS
DUBLIN (DUB) **Fall Out Boy** October 1, **One Direction** October 16-18
NEW ORLEANS (MSY) **Disclosure** October 6, **Kacey Musgraves** October 9

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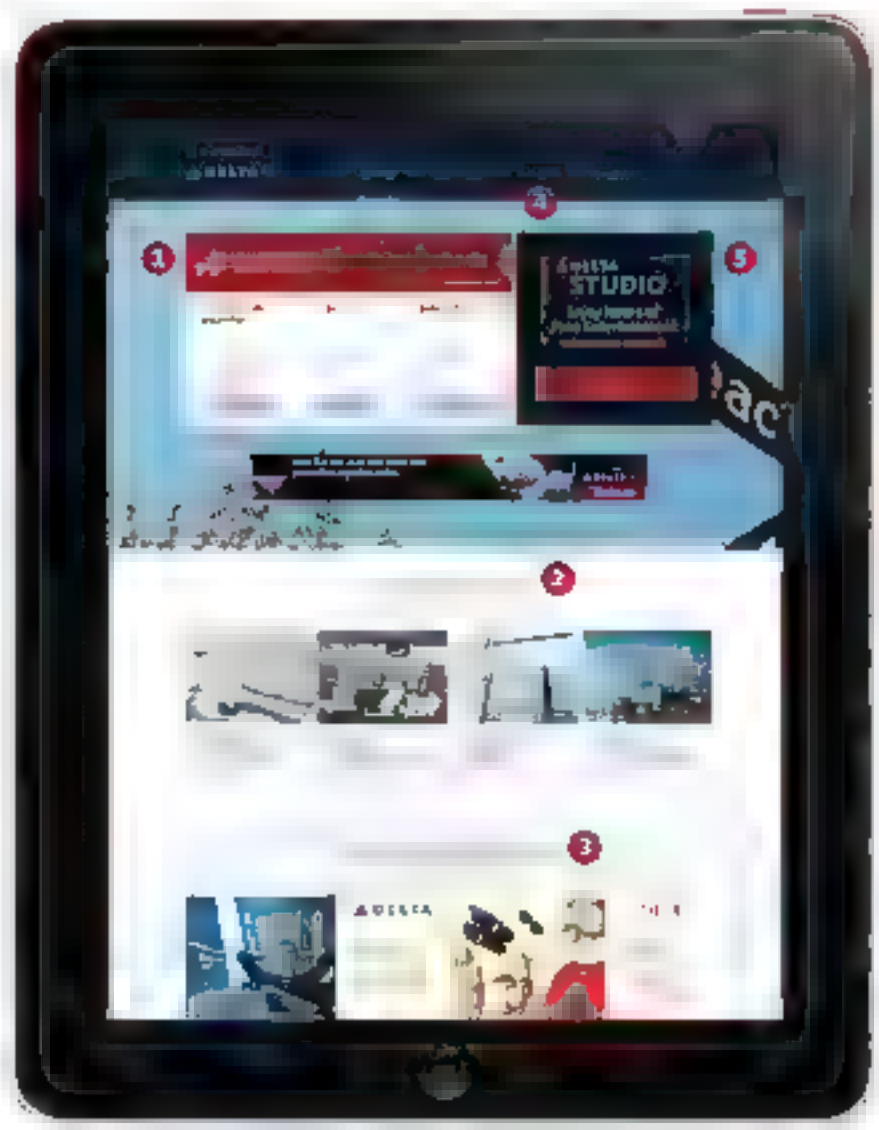

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Click on the **My Flight** link to track your flight on our moving map, check real-time information on your flight progress and get details about your aircraft. Simply click on **My Flight** on the portal and keep yourself up to date.

5 Entertainment
Remember, Delta Studio™ in-flight streaming is available without purchasing a Wi-Fi pass!

Gogo has the U.S. covered

Wi-Fi is available over land on domestic Wi-Fi-equipped aircraft within the continental U.S. Alaska may experience interruptions.

Now you're connected globally!

Wi-Fi is now available on many international flights, with installations across our transoceanic fleet continuing through 2016.

Power Up

110-volt outlets provide power to charge notebook computers, e-readers and tablets. USB ports provide power to charge a small electronic device, such as a smartphone. Look for them on the following aircraft.

AIRPLANE	B737-200	B737-700	B737-800	B737-900ER	B747-400	B757-200 select aircraft	B757-300	B767-300	B767-300ER	B767-400ER	B777	A330	MD88	MD90	CRJ900 select aircraft
110-VOLT	All rows	Rows 1-3	Rows 1-4 all aircraft Rows 13-27 select aircraft	All rows	Rows 1-3 2-31 and 72-80	Rows 1-4 and 8-27 or all rows depending on seat	All rows	Rows 5	Rows 1-6 and 3-22 or 1-9 and 17-26	Rows 1-10 and 15-24	Rows 1-2 and 29-38	Rows 1-6 and 10-19	Rows 1-4	Rows 1-4 and 10-12	Rows 1-4
USB	All rows	All seats	All seats with seatback screens	All seats	All seats	All seats with seatback screens	All seats	All seats	All seats	All seats	All seats	All seats		Rows 1-4 and 10-12	

Note: [illegible]

DRINKS + EATS

FEATURED BEVERAGES

BCRF

Join Delta in the fight against breast cancer. During the month of October, Delta will be serving Minute Maid® Pink Lemonade for $2, supporting The Breast Cancer Research Foundation®. 100% of all proceeds of pink lemonade will go directly to BCRF. Please let a flight attendant know if you would like to make any additional donations. *We accept cash, various foreign currencies, credit and debit cards for pink lemonade, pink martinis, premium Billboard headsets (see page 126), and select EATS products. For all other purchases we accept only credit and debit cards.*

Pink Martini $8

(100% of the purchase of this item will go directly to BCRF)

Mrs. May's Cran-Bluberry Nut Crunch $6

($3 from the purchase of this item will go directly to BCRF)

EATS

On board flights of 900 miles or more and select Caribbean and Latin American markets, you may purchase the individual snacks below or try our EATS treats and tapas snack boxes. EATS purchases are not available on Delta Connection single-class aircraft.

$3.49

Mrs. May's Crunch Mix
$3 from the purchase of this item will go to BCRF

$8.99 TAPAS*

$7.99 TREATS*

Old Wisconsin® Beef Salami Slices, Nabisco® Wheat Thins, Kraft® Pepperoni, Parmesan Cheese Spread, Pepperidge Farm® Cheddar Goldfish Crackers, Welchs® Fruit Snacks, Mixed Nuts, Oreo® Cookies, Tic Tac® Fresh Breath.

Stacy's Brand®: Pita Chips, GoPicnic™ Garden Hummus Dip, Dipin'™ Pepper & Artichoke Bruschetta, Crunchmaster® Multi-Grain Crackers with Sea Salt, Olympos® Pitted Greek Olive Mix with Herbs, Vacaville Fruit Company Snacking Mediterranean Apricots, Madelas Almonds, Dancing Deer Baking Co.® Sweet Lemon Cookie Nibbles, Ivarda Chocolatier® Dark Chocolate.
All products kosher and vegetarian. Most products are gluten-free. Ask your flight attendant for details.

Delta Airlines accepts credit and debit cards only for all onboard purchases. Debit/credit cards or cash are accepted on intra-Asia routes. Delta Connection® flights with single-class service accept cash only. ATM cards are not accepted. Debit cards are only accepted if they bear a major credit card logo.

Don't leave savings up in the air. **Receive a 20% savings** in the form of a statement credit† on eligible Delta in-flight purchases after using your Delta SkyMiles® Credit Card.

Alcoholic Beverages[1]

Alcohol may be served only to customers 21 years of age and older. By FAA rule, we may not serve alcohol to customers who appear intoxicated. Only alcohol provided by Delta and served by flight attendants may be consumed on board.

SPIRITS $8

Avión Tequila
Bacardi Rum
Baileys Irish Cream
Bombay Sapphire Dry Gin
Canadian Club Reserve Whisky
Courvoisier VSOP Cognac
Dewar's Scotch
Finlandia Vodka
Grey Goose Vodka[4]
Jack Daniel's Single Barrel Tennessee Whiskey[4]
Jack Daniel's Tennessee Honey Whiskey
Jack Daniel's Tennessee Whiskey
Woodford Reserve Small Batch Bourbon

WINES $8

Red or White

DOMESTIC BEER $6

Miller Lite

SPECIALTY BEERS $7

SweetWater 420[5]
Ballast Point[6]
Brooklyn Brewery
Stella
Blue Moon[7]
Heineken
Samuel Adams
Oktoberfest

[illegible] America (including the United States, Canada, Mexico, [illegible] in [illegible] champagnes available in Delta One™, please refer to your menu or ask a flight attendant for today's selection. In [illegible] and intra-Asia flights, all beer, wine and spirits are complimentary. In Delta Comfort+™ on transcontinental flights (JFK to/from LAX and SFO), all passengers will enjoy a complimentary snack from Gate™ on Breakfast, Lunch and Dinner flights, as [illegible] beer, wine and spirits are complimentary. In Delta Comfort+™ on transcontinental flights (JFK to/from LAX and SFO), all passengers will enjoy a complimentary snack from Gate™ on Breakfast, Lunch and Dinner flights, as [illegible] **Allergen information for all food products is available from flight attendants upon request on Delta-operated flights departing from the following cities: Amsterdam (AMS), Athens (ATH), Barcelona (BCN), Brussels (BRU), Copenhagen (CPH), Dublin (DUB), Dusseldorf (DUS), Frankfurt (FRA), London (LHR), Madrid (MAD), Malaga (AGP), Manchester (MAN), Milan (MXP), Munich (MUC), Nice (NCE), Paris (CDG), Pisa (PSA), Prague (PRG), Rome (FCO), Shannon (SNN), Stockholm (ARN), Stuttgart (STR), Venice (VCE), Zurich (ZRH).**

Complimentary Beverages

SOFT DRINKS

Coca-Cola
Coca-Cola Zero
Diet Coke
Fresca
Sprite
KUAT

MIXERS

Mr. & Mrs. "T" Bloody Mary Mix
Seagram's Ginger Ale
Seagram's Sparkling Seltzer Water
Seagram's Tonic Water

JUICES AND BOTTLED WATER

Minute Maid Apple Juice
Minute Maid Cranberry Apple Cocktail
Minute Maid Orange Juice
Tomato Juice
Bottled Water
LaCroix Sparkling Water
Milk

HOT DRINKS

Starbucks® coffee
Starbucks VIA® Ready Brew Decaf
Bigelow Tea
Harney & Sons Tea[8]

[illegible]

[1] Transcon markets only
[4] North America only

[illegible] newspapers and magazines on flights into several [illegible]

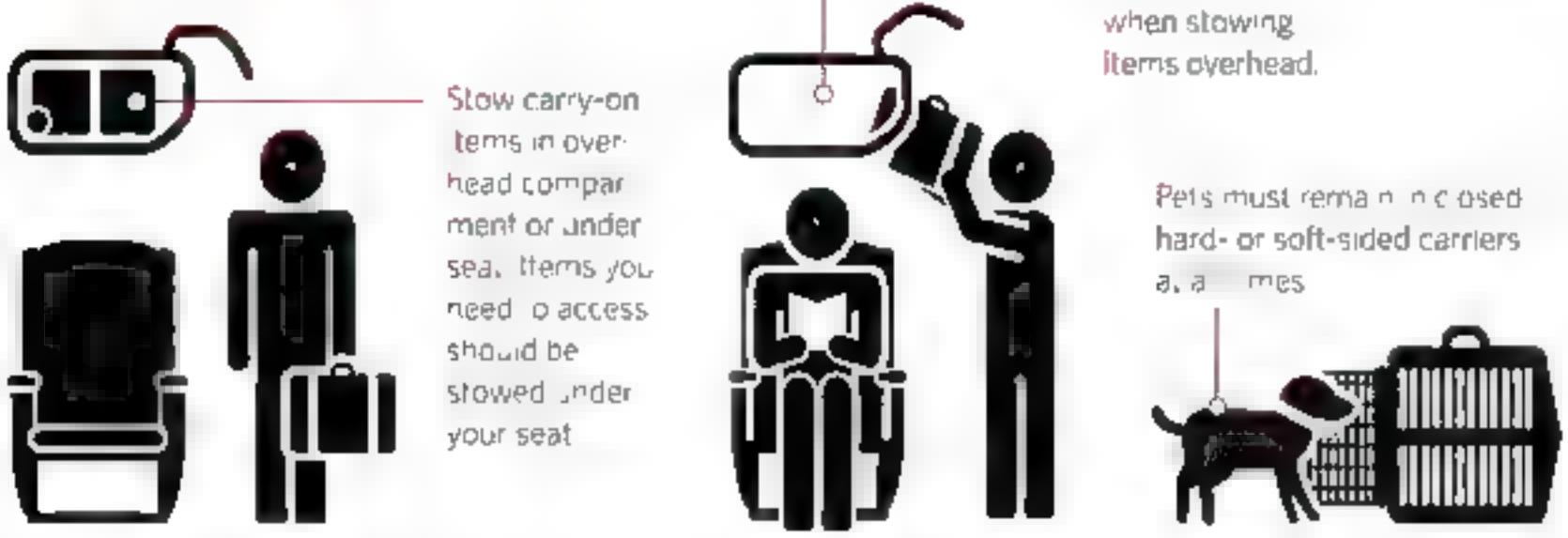
[illegible]

Feedback Comments? Suggestions? We'd love to hear from you! Share your feedback at delta.com/talktous.

IN-FLIGHT INFORMATION

PORTABLE ELECTRONIC DEVICES

CARRY-ON BAGGAGE



Cabin issues on your flight? Please share your feedback at cabin.mtc@delta.com.

ALSO OF NOTE

Mobile Phone Usage

in flight when in **Airplane Mode** and afte landing as instructed by the

Please Be Considerate

Please use headphone with portable electron

Spare Batteries

safetravel.dot.gov.

Tobacco

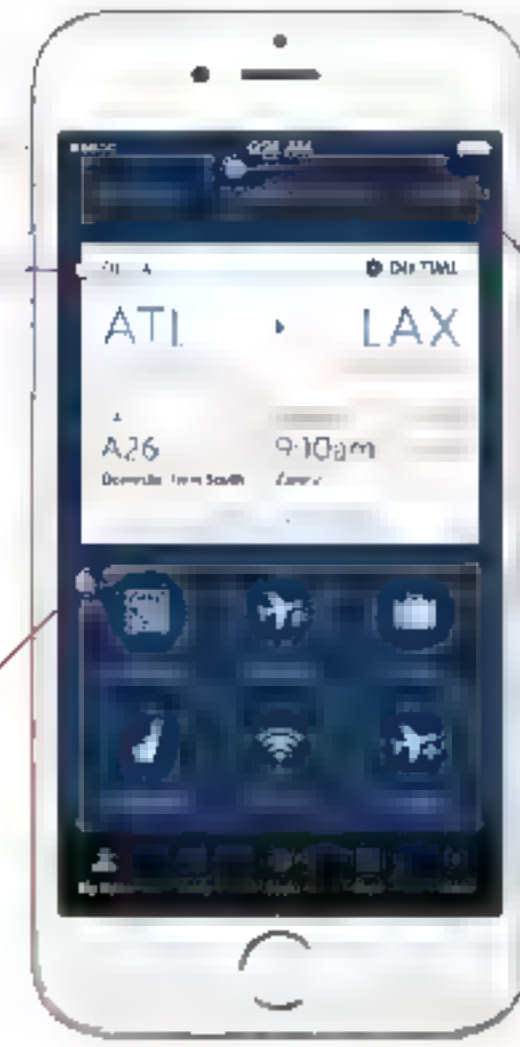
Never Permitted

AT YOUR SERVICE

YOU ASKED, WE ANSWERED

"TODAY" ON THE FLY DELTA APP

With the Fly Delta app for iPhone and Android, you get everything you need for your trip all on one screen. Versatile, capable and reliable, the app does practically everything you need to make your travel plans and keep them on track.



Flight Details
Starting 24 hours before your flight, the app will automatically display the "Today" screen, which gives you a quick and easy way to view gate and terminal, boarding time, seat assignment and even your spot on the upgrade list.

Easy Connect
If you have a connecting flight, simply swipe forward to view all of the same options for each leg of your journey.

All in One Place
It also gives you one-tap access to your boarding pass, bag tracking status, Wi-Fi purchase and more.

Need help rebooking, changing seats or printing a new boarding pass? You can now use:

1. Fly Delta app

2. Kiosk

3. delta.com

Delta Sky Club: Retreat from the Ordinary

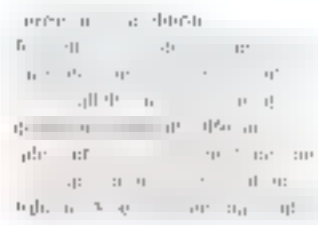
Delta Sky Club® is an award-winning lounge where you can work or relax in style. And with Clubs worldwide, finding a reprieve is easy.

Members Enjoy:
- Fully stocked bars with complimentary craft beer, wine and spirits
- Fresh, healthy food offerings, served all day
- Personalized flight assistance
- Complimentary Wi-Fi access
- Satellite TV for sports, news and more
- Private showers at select locations

Plus, you can indulge in premium wine, beer, champagne and spirits for purchase at THE BAR at Delta Sky Club® in addition to our complimentary bar offerings. Stop into a Club or visit **delta.com/skyclub** to purchase or renew your membership today and learn about membership options.

2014

Winner of the 2013 APEX Avion Award for Best Single Achievement in Passengers Experience



Controlling the Unexpected

- Please check the **Flight Information Screens** for up-to-date flight information. These screens may be located near a Need Help? Center or gate area.
- If you have missed your flight due to a delay or cancellation, you will be **automatically rebooked** on the next available flight.
- You can **scan your existing boarding pass** at any available Delta scanner to receive your new flight information. Delta scanners are located at our Need Help? Centers or in select gate areas at many Delta airports.
- We'll make every effort to **reroute your checked baggage** to your next flight.

DO YOU HAVE OTHER QUESTIONS?
Call:
1-855-548-2505
Tweet us:
@DeltaAssist

FEEDBACK?
Have a comment or complaint regarding your Delta experience? Share your feedback at delta.com/talktous. Please have your flight details available, including flight number, date and departure and arrival cities.

FLEET

Staying connected is easier than ever with Delta's onboard Wi-Fi

KNOW YOUR PLANES

B747-400

Seats: 376
Range: 7,770 miles
Speed: 564 mph (908 km/h)
Length: 231' 10"
Number in fleet: 12

B777-200ER / 777-200LR

Seats: 291
Range: 8,235-10,035 miles
Speed: 550 mph (885 km/h)
Length: 209' 1"
Number in fleet: 8 / 10
Image represents 777-200LR

A330-200 / A330-300

Seats: 234/293
Range: 5,685-7,275 miles
Speed: 531 mph (855 km/h)
Length: 188' 8" / 208' 10"
Number in fleet: 11 / 24
Image represents A330-300

B767-300 / 767-300ER / 767-400ER

Seats: 261 / 211-226 / 246
Range: 3,275-3,575 / 6,050-6,375 / 6,020 miles
Speed: 517 mph (832 km/h)
Length: 180' 3" / 180' 3" / 201' 4"
Number in fleet: 16 / 58 / 21
Image represents B767-400

B757-200 / 757-300

Seats: 168-199 / 234
Range: 2,808-4,705 miles / 3,228 miles
Speed: 517 mph (832 km/h)
Length: 155' 3" / 178' 7"
Number in fleet: 110 / 16
Image represents B757-300

B737-700 / 737-800 / 737-900ER

Seats: 124 / 160 / 180
Range: 2,925 miles / 2,850-2,930 miles / 2,810 miles
Speed: 517 mph (832 km/h)
Length: 110' 4" / 129' 6" / 138' 2"
Number in fleet: 10 / 73 / 46
Image represents B737-900ER

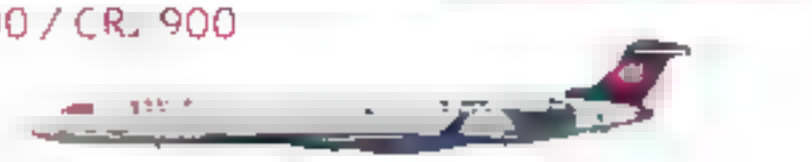
B717 / MD88 / MD90

Seats: 110 / 149 / 160
Range: 1,510 miles / 1,907 miles / 1,992 miles
Speed: 498 mph (801 km/h)
Length: 124' 0" / 147' 10" / 152' 7"
Number in fleet: 78 / 116 / 65
Image represents MD90

A319 / A320

Seats: 126 / 150-160
Range: 2,399 miles / 2,336-2,420 miles
Speed: 517 mph (832 km/h)
Length: 111' 0" / 123' 3"
Number in fleet: 57 / 69
Image represents A320

CRJ-200 / CRJ-700 / CRJ-900



Seats: 50 / 65 / 76
Range: 1,265 miles / 1,650 miles / 1,744 miles
Speed: 488-515 mph (785-829 km/h)
Length: 87' 10" / 106' 1" / 118' 11"
Number in fleet: 123 / 82 / 146
Image represents CRJ-900

E170 / E175

Seats: 69 / 76
Range: 1,800 miles
Speed: 545 mph (877 km/h)
Length: 98' 1" / 103' 11"
Number in fleet: 20 / 52
Image represents E175

ERJ145

Seats: 50
Range: 1,496 miles
Speed: 517 mph (832 km/h)
Length: 98' 0"
Number in fleet: 41

Wi-Fi available on all B747, 757, 737, 717, A330, 319, 320, MD88, 90, CRJ700, 900, and E170, 175 aircraft, and select B777 and 767 aircraft. Information is planned for October 2015.

WORLDWIDE PARTNERS

ALLIANCES THAT TAKE YOU FARTHER

SKYTEAM

Welcome to an oasis of tranquility . . . The SkyTeam Exclusive Lounge.

Step into a SkyTeam Exclusive Lounge and unwind. In this peaceful place, the buzz of the terminal is behind you and our lush botanical wall adds a breath of fresh air to your travels. Business class, our complimentary Internet and recharge outlets help you keep things rolling smoothly along. You will find us at London Heathrow's T4, Istanbul and Sydney—and keep an eye out for another SkyTeam Exclusive Lounge opening soon in Dubai. Visit us there or at any of our more than 600 lounges and enjoy a little preflight or stopover relaxation. Check out our Lounge Finder at **skyteam.com** or download the SkyTeam app.

SKYTEAM

Delta wants you, as a world traveler and a valued customer, to have more flexibility and more choices in your global travel. So we've joined with 19 strategically based airlines to create the SkyTeam global airline alliance, built upon the principle "Caring more about you." How do we care more about you? By taking care of your needs throughout your travels.

Planning Your Trip: Special SkyTeam Offerings

- Round the World Travel Pass and Planner
- America, Africa, Asia, China, Europe, Italy, Mexico and Russia Travel Passes
- SkyTeam Global Contracts and Global Meetings
- Guaranteed full-fare Economy Class reservations for SkyTeam Elite Plus customers with 24-hour notice on long-haul flights

At the Airport: Passenger Perks

- Seamless connections with single check-in
- Access to more than 600 airport lounges worldwide
- Sky Priority® Check-In, Sky Priority Boarding and Sky Priority Baggage Handling, as well as Preferred Seating and reciprocal lounge access depending on Elite status.

In-Flight: Consistent Service

- In addition to the language of each carrier, English is spoken on every flight
- Special meals across all international flights

When You Arrive: Earning Frequent Flyer Miles

- You can earn* and redeem miles with every SkyTeam airline
- Frequent flyers are able to book Multi-Carrier Awards, enabling them to use any SkyTeam carrier with one single Award Ticket, offering travel opportunities for fewer miles

*Some fare classes are excluded; see delta.com, partner airlines for details.

OTHER TRAVEL PARTNERS

In addition to our SkyTeam partners, Delta also has other travel partners that offer codeshare flights and frequent flyer agreements. Together, we are committed to offering you high-quality service, convenient travel options and more opportunities to earn and redeem miles. Visit delta.com/partnerairlines to learn more.

	SKYMILES* PARTNER	DELTA CODESHARE PARTNER
Air Tahiti Nui*		
Alaska Airlines	●	●
GOL	●	●
Hawaiian Airlines**	●	●
Virgin Atlantic	■	●
Virgin Australia	●	●
WestJet***	●	●

Redemption only Interline and only Accrual only

Heathrow Heads Up: We now fly from LHR terminals 3 and 4.

Before you lift off to or from London, please note that Delta flights operate from LHR T3 and T4. Flights operated by Virgin Atlantic are in LHR T3. Be sure to check your flight status at delta.com or via the Fly Delta app to confirm your terminal information 2½ hours prior to departure. And visit delta.com/virginatlantic for additional travel information, including the many benefits you enjoy through our partnership with Virgin Atlantic.

DELTA | virginatlantic

T3 Flights
Boston (BOS)
New York (EWR)
New York (JFK)
Los Angeles (LAX)

T4 Flights
Atlanta (ATL)
Detroit (DTW)
Minneapolis-St. Paul (MSP)
Philadelphia (PHL)
Seattle (SEA)

Since its inception in January 2014, more than 4 million passengers have flown the Delta & Virgin Atlantic Joint Venture.

This summer, Delta and Virgin Atlantic offer 39 daily round-trip transatlantic flights between the United Kingdom and 15 destinations across North America, with 10 daily flights between London Heathrow and New York (JFK and Newark). The partnership has been recognized by its customers with Delta awarded 2014 Airline of the Year by *Air Transport World Magazine* and Virgin awarded 2014 Best Long-haul Airline by UltraTravel Awards.

As the industry's first transatlantic Joint Venture, the partnership between Delta, Air France/KLM and Alitalia continues to offer more choices and more convenient and frequent flights.

Regardless of which airline you choose, you will enjoy access to a broad transatlantic network, with access to 13 global hubs offering more than 7,500 daily flights to more than 540 destinations. Delta, Air France-KLM and Alitalia offer customers one of the largest airport lounge networks in the industry.

SKYTEAM · AEROFLOT · AerolineasArgentinas · AEROMEXICO · AirEuropa · AIRFRANCE · Alitalia · CHINA AIRLINES · CHINA EASTERN · CHINA SOUTHERN · CZECH AIRLINES · DELTA · Garuda Indonesia · Kenya Airways · KLM · KOREAN AIR · MEA · SAUDIA · TAROM · VietnamAirlines · XIAMENAIR

SKYMILES

THE SKY'S THE LIMIT

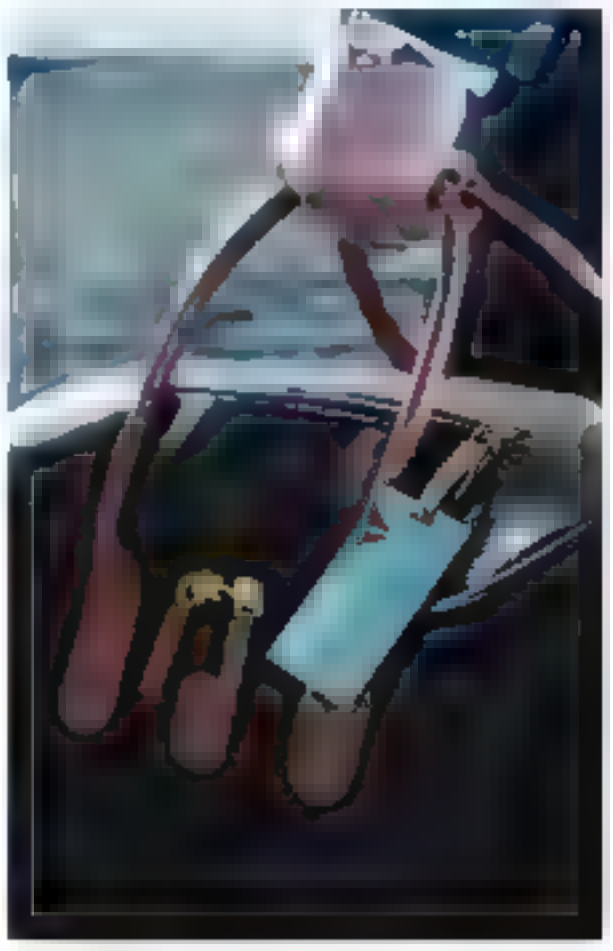
GET MORE OUT OF YOUR TRAVEL WITH THE DELTA SKYMILES PROGRAM.

If you're reading this and not enrolled in the SkyMiles® program, you're not getting all you can out of your trip. Get rewarded when you fly with us with a SkyMiles membership. Visit **delta.com/enroll** to sign up. You can also request credit for the past 30 days' flights (including this one) at **delta.com/mileagecredit.**

Earn Miles on More Than Just Flights.

Love earning miles? Thanks to our SkyMiles partners, you can earn miles on more than just flights. Whether you're booking a hotel or car for your next business trip, shopping or dining out with friends or doing business with our partners, boost your mileage balance faster. And remember, Delta is the only major U.S. carrier whose miles don't expire.

spg | HILTON HHONORS | Hertz | SKYMILES DINING



Use Miles for More Than Just Award Travel.

You can use your miles in so many ways.

- **Airfare:** Book Award Travel to any of our 319 destinations in 59 countries
- **Once-in-a-Lifetime Access:** SkyMiles Experiences is your ticket to award shows, concerts and more
- **Charity:** SkyWish lets you do good by donating to 17 top charities
- **Shopping:** From fashion to electronics, SkyMiles Marketplace lets you use miles for the brands you love
- **Delta Sky Club® membership:** Relax away from the gate in any of 200 award-winning locations worldwide

FREE IN-FLIGHT ACCESS TO DELTA.COM
Visit now and create an easy-to-remember password!

GET OFFERS & NEWS
Emailed to you at delta.com/signuptoday

JOIN NOW AT DELTA.COM/ENROLL

Feedback Comments? Suggestions? We'd love to hear from you! Share your feedback at delta.com/talktous.

MEDALLION LEVEL	SILVER	GOLD	PLATINUM	DIAMOND
Medallion Qualification Miles OR Medallion Qualification Segments AND Medallion Qualification Dollars[1]	25,000 OR 30 AND $3,000	50,000 OR 60 AND $6,000	75,000 OR 100 AND $9,000	125,000 OR 140 AND $15,000
Unlimited Complimentary Upgrades (Full Y Fare)	Booking	Booking	Booking	Booking
Unlimited Complimentary Upgrades (Discounted fares except E)[2]	1 Day	3 Days	5 Days	5 Days with Priority
Delta Comfort+™ Seats for U.S. and International Travel	Complimentary 24 hours prior to departure	Complimentary 72 hours prior to departure	Complimentary at time of booking	Complimentary at time of booking
Same-Day Confirmed and Standby Fee Waivers[7]		●	●	●
Rollover Medallion Qualification Miles	Unlimited	Unlimited	Unlimited	Unlimited
Medallion Mileage Bonus[4]	2 additional miles per dollar*	3 additional miles per dollar*	4 additional miles per dollar*	6 additional miles per dollar*
Preferred Seat® (Waived Economy Fee)	●	●	●	●
Sky Priority® Access (Priority Check-in, Security, Boarding & Phone Handling)		●	●	●
Bonus Miles and Discounts® for Personal Use	●	●	●	●
Elite SPG® Benefits			●	●

TERMS & CONDITIONS

[illegible]

SkyMiles Experiences: On the Road. Backstage. Front Row.

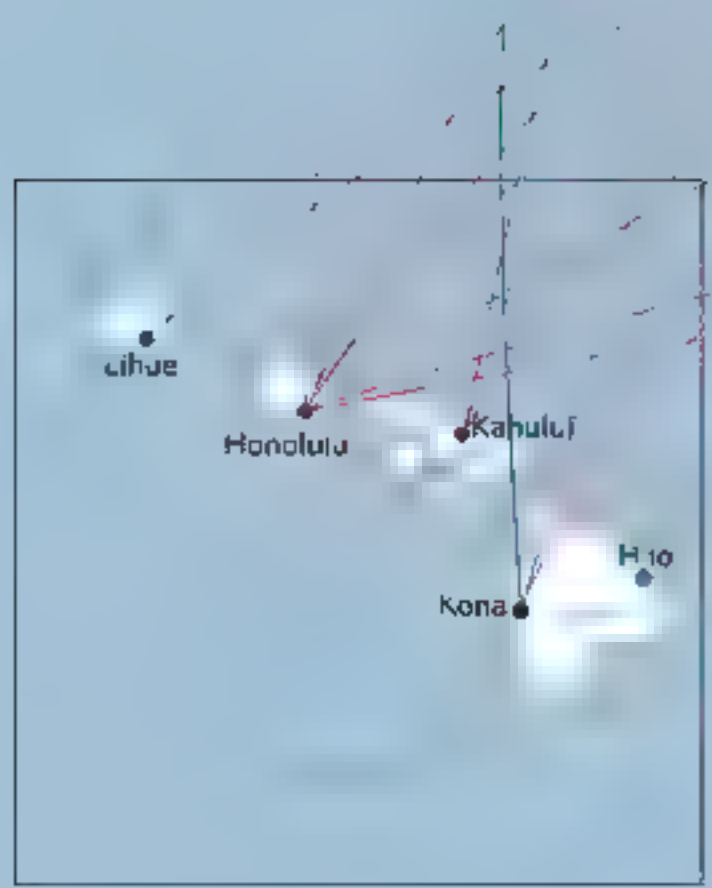
Did you know SkyMiles members can use miles to bid on incredible experiences like this that you can't get anywhere else?
delta.com/experiences

MAVTV 500 Race
Winner: Cammie Spillyards-Schaefer, Diamond 360

"My husband and I are still shocked we were able to use miles for such a once-in-a-lifetime experience at the MAVTV IndyCar race in California! Getting to ride in an actual IndyCar around the track was exhilarating, then getting Victory Lane access and taking a photo with the winning driver was awesome! Thank you, Delta, for a day we will long remember."

ROUTE MAPS

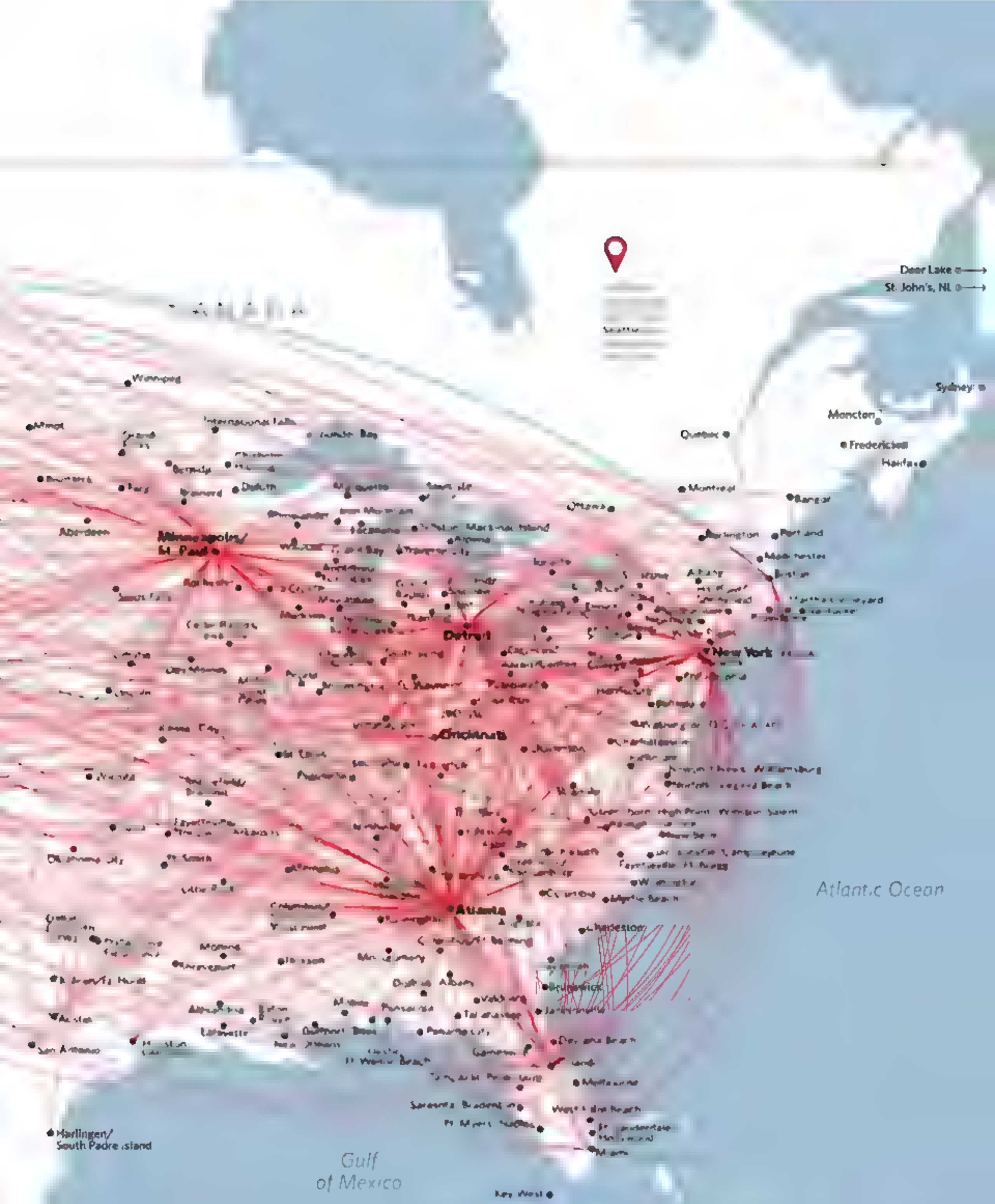
UNITED STATES & CANADA



Whitehorse
Terrace
Grande Prairie
Ft. McMurray
Prince George
Edmonton
Comox
Kamloops
Nanaimo
Vancouver
Calgary/Banff
Kelowna
Saskatoon
Victoria
Abbotsford
Bellingham
Seattle/Tacoma
Wenatchee
Spokane
Regina
Portland
Pasco/Richland/Kennewick
Kalispell
Yakima
Pullman
Great Falls
Walla Walla
Lewiston
Missoula
Eugene
Redmond/Bend
Helena
Williston
Butte
Bozeman
Dickinson
Medford
Billings
Boise
West Yellowstone
Sun Valley
Idaho Falls
Cody
Twin Falls
Jackson Hole
Gillette
Rapid City
Pocatello
Elko
Casper
Santa Rosa
Reno/Tahoe
Sacramento
San Francisco
Oakland
Salt Lake City
San Jose
Mammoth Lakes
Hayden/Steamboat Springs
Eagle/Vail/Beaver Creek
Fresno/Yosemite
Cedar City
Grand Junction
Aspen/Snowmass
Denver
St. George
Montrose/Telluride
Colorado Springs
Las Vegas
Santa Barbara
Burbank
Ontario
Los Angeles
Palm Springs
Long Beach
Orange County
San Diego
Albuquerque
Phoenix/Scottsdale
Tucson
El Paso/Ciudad Juárez
MEXICO

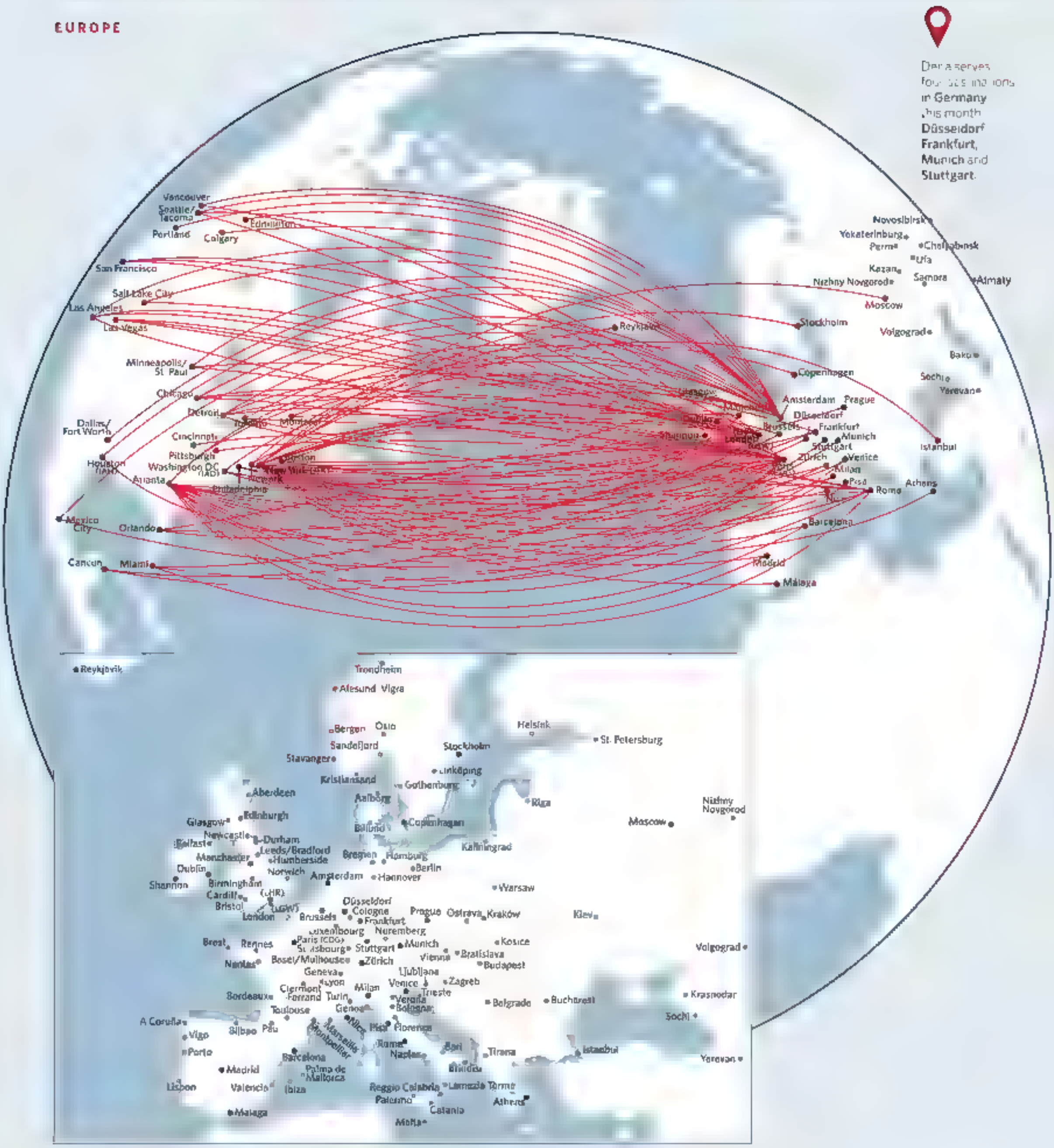
- Delta Air Lines/Delta Connection/Delta Joint Venture Route
- Future Route Service
- Route served by Alaska Airlines/Horizon Air
- Destination served by Delta / Delta Connection
- Destination served by one of Delta's Worldwide Codeshare Partners

Effective October 2015. Select routes are seasonal. Some future services subject to government approval and/or may be operated by one of Delta's codeshare partner airlines or one of Delta's Connection carriers. Flights are subject to change without notice.


Deer Lake
St. John's, NL
Sydney
Moncton
Fredericton
Halifax
Quebec
Minneapolis/
St. Paul
Detroit
New York
Cincinnati
Atlanta
Atlantic Ocean
Harlingen/
South Padre Island
Gulf
of Mexico

ROUTE MAPS

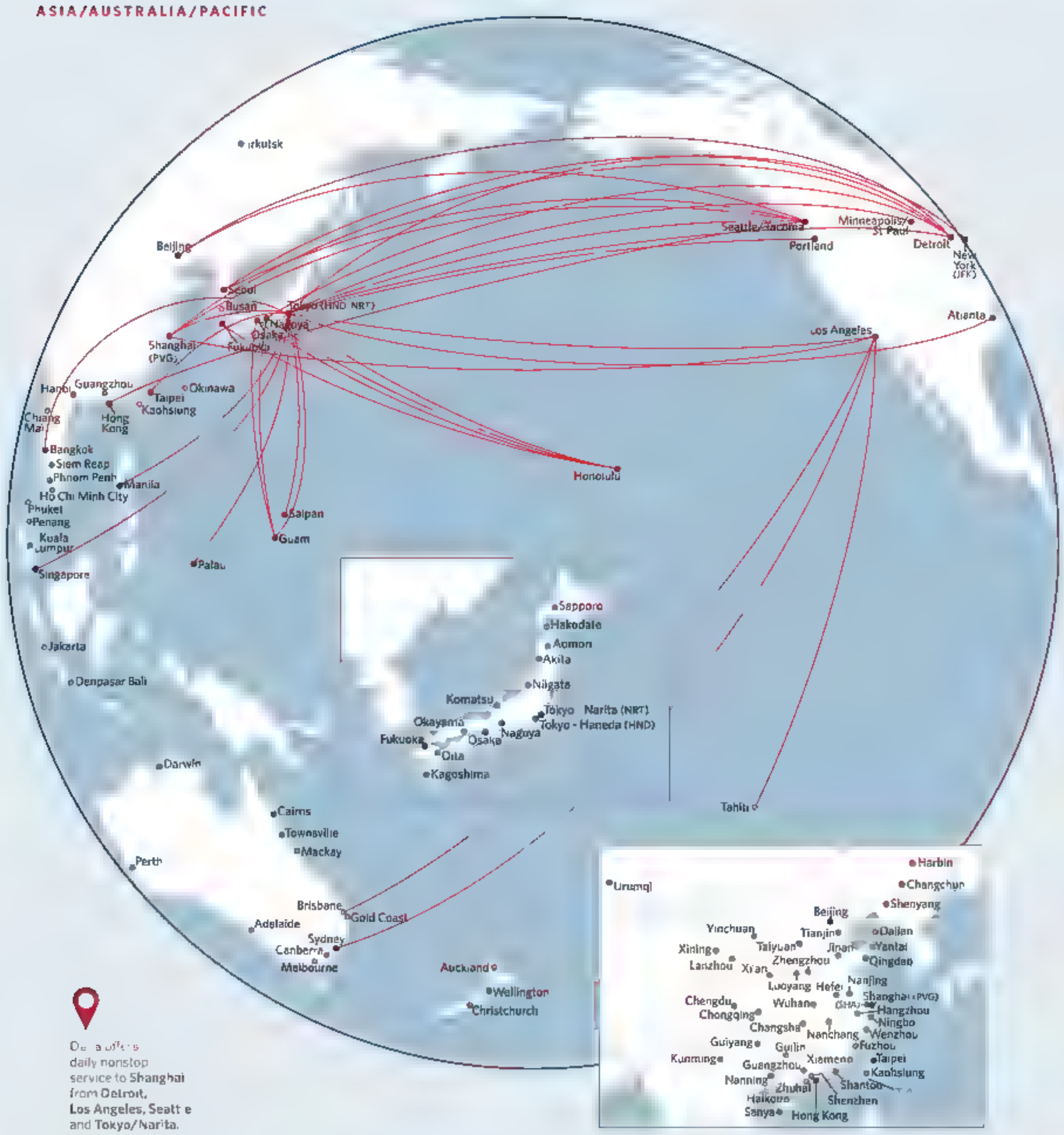
LATIN AMERICA & CARIBBEAN



Delta serves four destinations in Germany this month: **Düsseldorf**, **Frankfurt**, **Munich** and **Stuttgart**.

ROUTE MAPS

ASIA/AUSTRALIA/PACIFIC



Delta offers daily nonstop service to Shanghai from Detroit, Los Angeles, Seattle and Tokyo/Narita.

AFRICA/MIDDLE EAST/INDIA

Maps Produced by Leaping Cat Graphics

Delta is the largest U.S. airline between the **United States** and **Africa**, with service to four destinations.

TERMINAL GUIDES

TSA Pre✓® is available at all domestic airports

Recharge stations available at most gates

Visit our Fly Delta app to see all Delta terminal maps

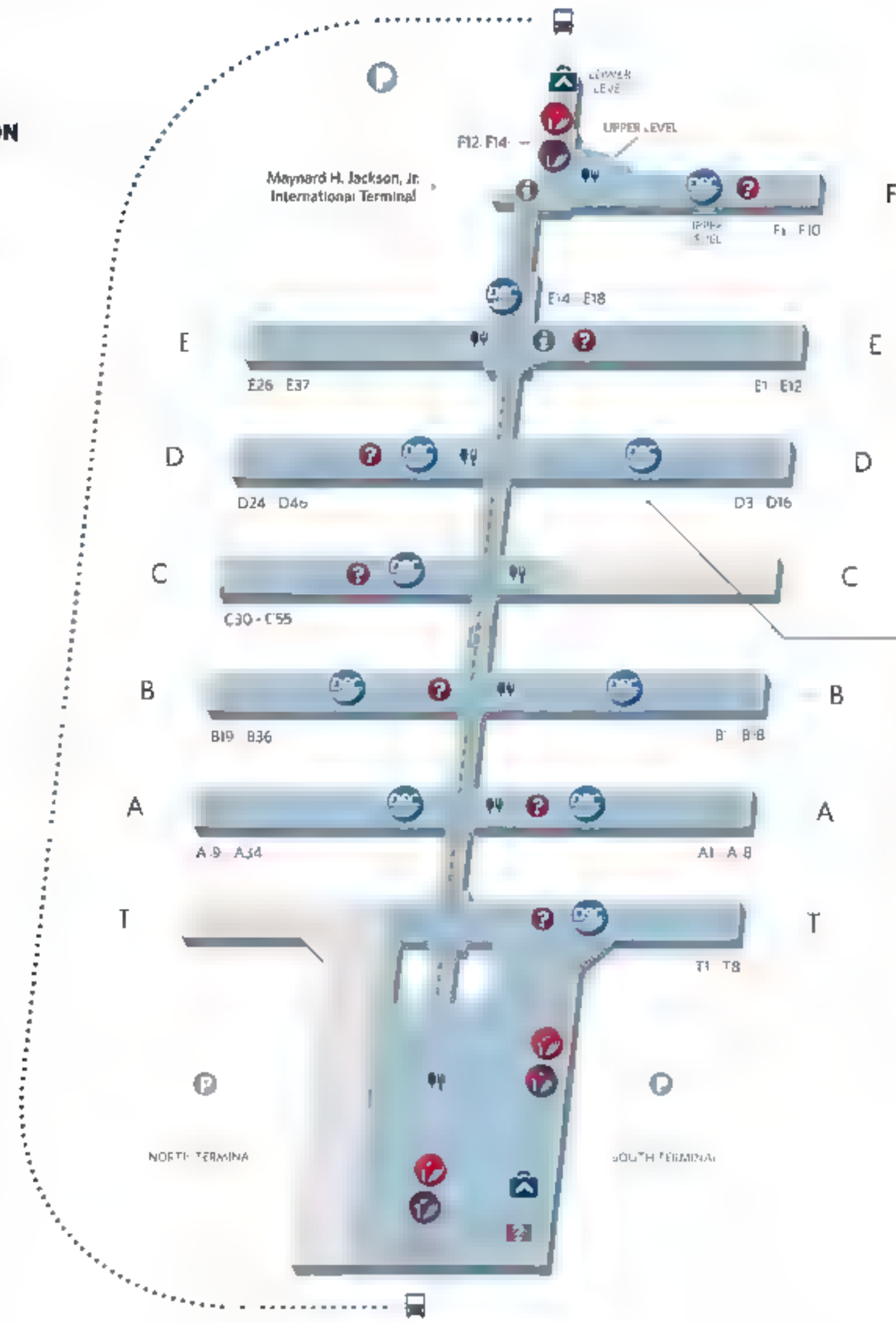
ATL

HARTSFIELD-JACKSON ATLANTA
International Airport

GATE T1 TO F1 = 30 MIN.

DELTA SKY CLUB

Concourse A on Upper Level, Gate T6, Gate A17, Gate B10, Gate B25, Gate C37, Gate D27, Gate E15, Concourse F on Mezzanine Level

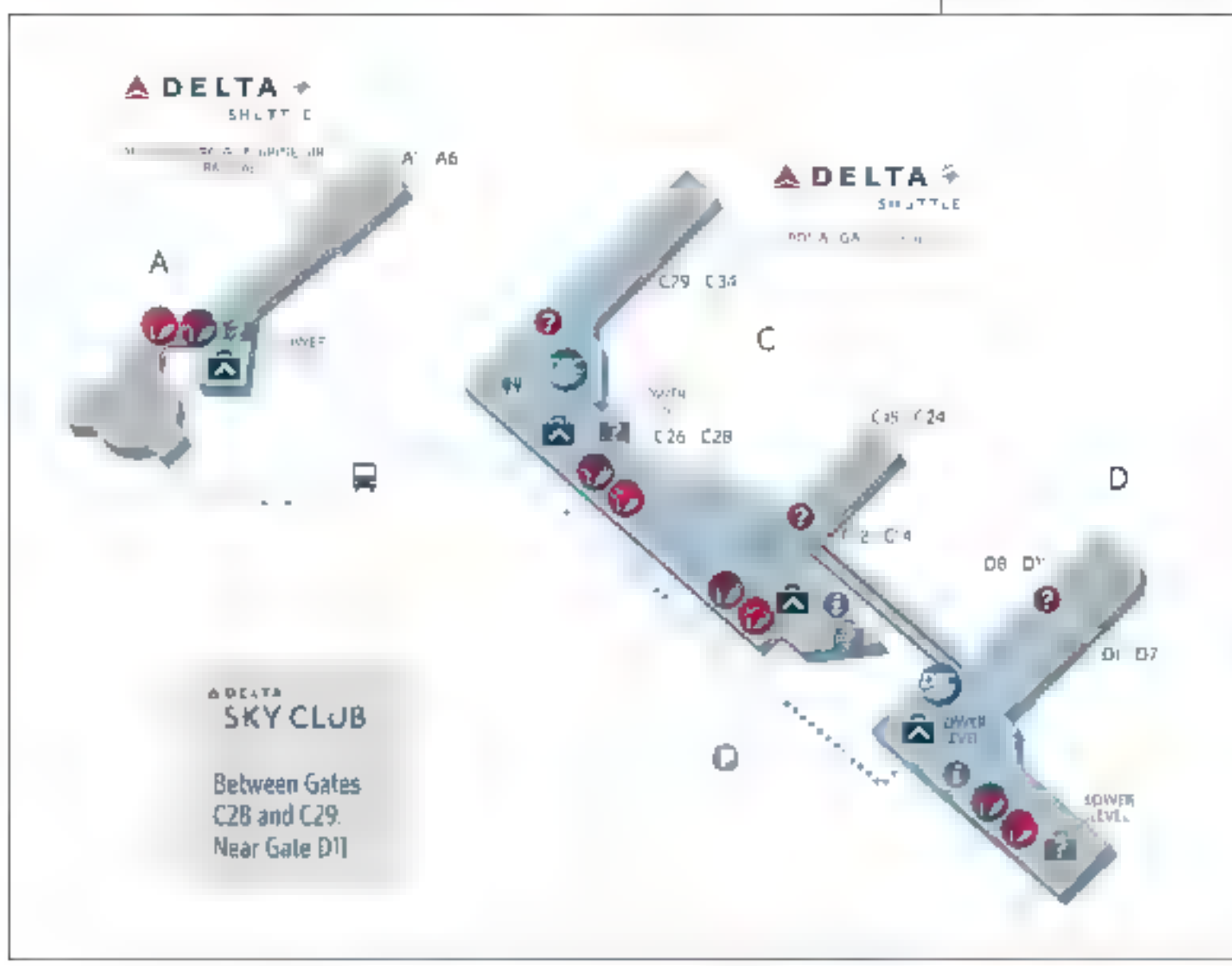


ALL NEW! Be sure to check out the new Delta Sky Club in Concourse D.

DELTA ONE™ CHECK-IN | SKY PRIORITY™ CHECK-IN | MAIN CHECK-IN | BAGGAGE CLAIM | TRANSFER DESK | DELTA SKY CLUB® | PARTNER LOUNGE | FOOD COURT | AIRPORT SHUTTLE | PUBLIC TRANSIT | AIRPORT TRAM | MOVING WALKWAYS | PARKING | NEED HELP? CENTER | AIRPORT/CITY INFORMATION | BAGGAGE SERVICE OFFICE | NEW IMPROVEMENTS | APPROX WALKING TIME

NEW YORK/LAGUARDIA
Airport

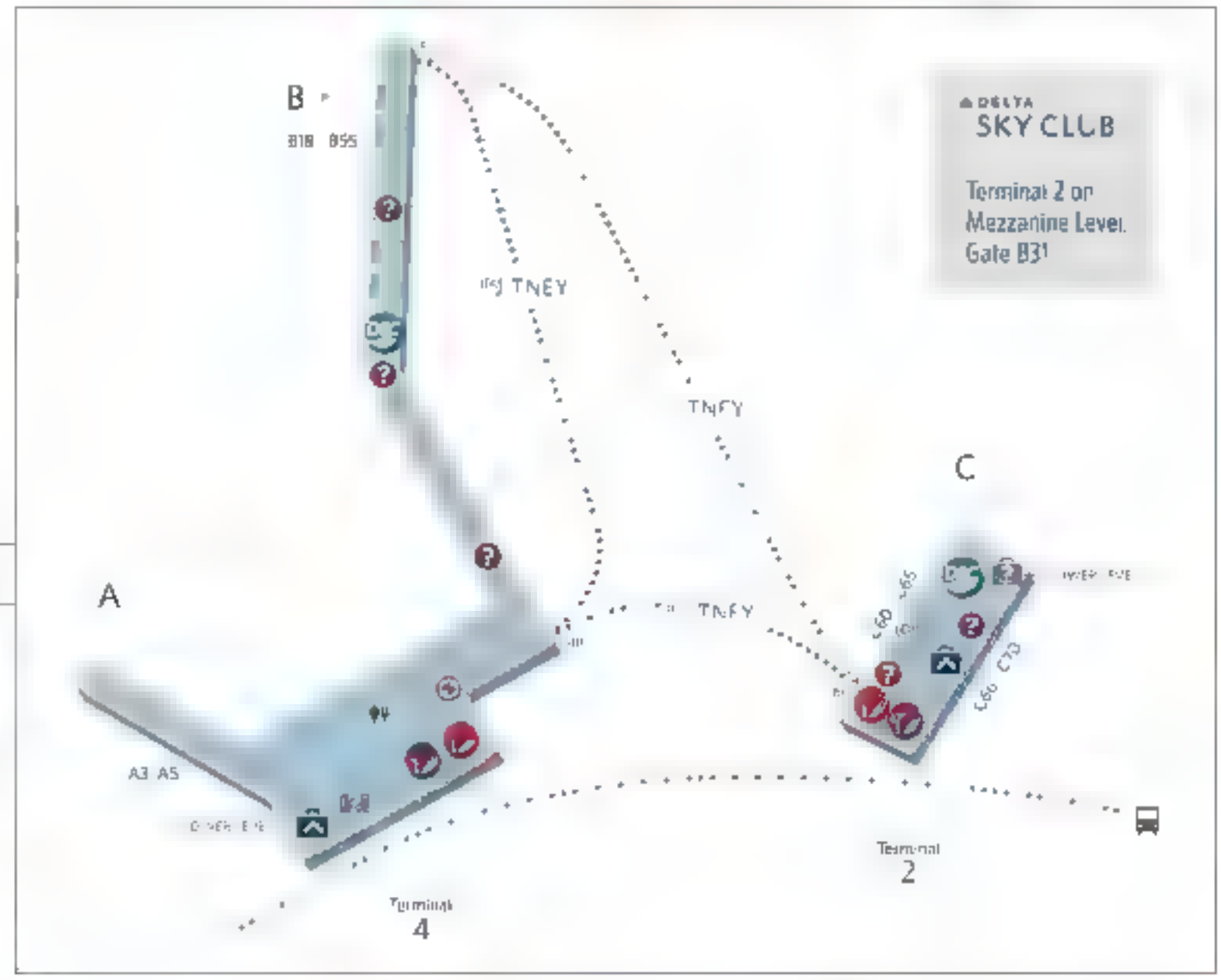
GATE C34 TO D6 = 10 MIN.



If you're departing from JFK or LGA please confirm your terminal and gate at delta.com or with the Fly Delta app within 24 hours of arriving to your flight.

NEW YORK/ JOHN F. KENNEDY
International Airport

GATE A3 TO B55 = 15 MIN.



GETTING THERE

ATL
Miles to city center: 10
By taxi: 20-30 minutes
By bus: no bus
By train: 20 minutes

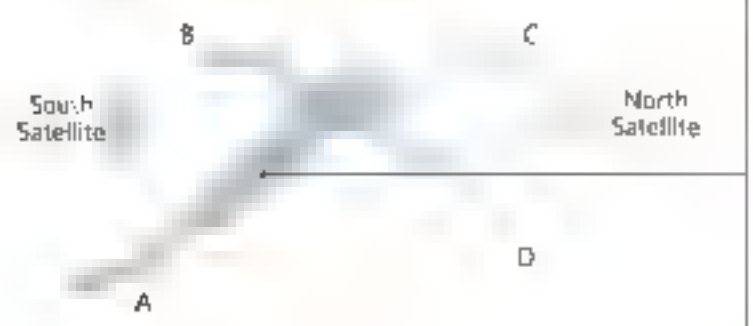
LGA
Miles to city center: 12 miles to Midtown
By taxi: 20-30 minutes
By bus: 40 minutes
By train: 40 minutes

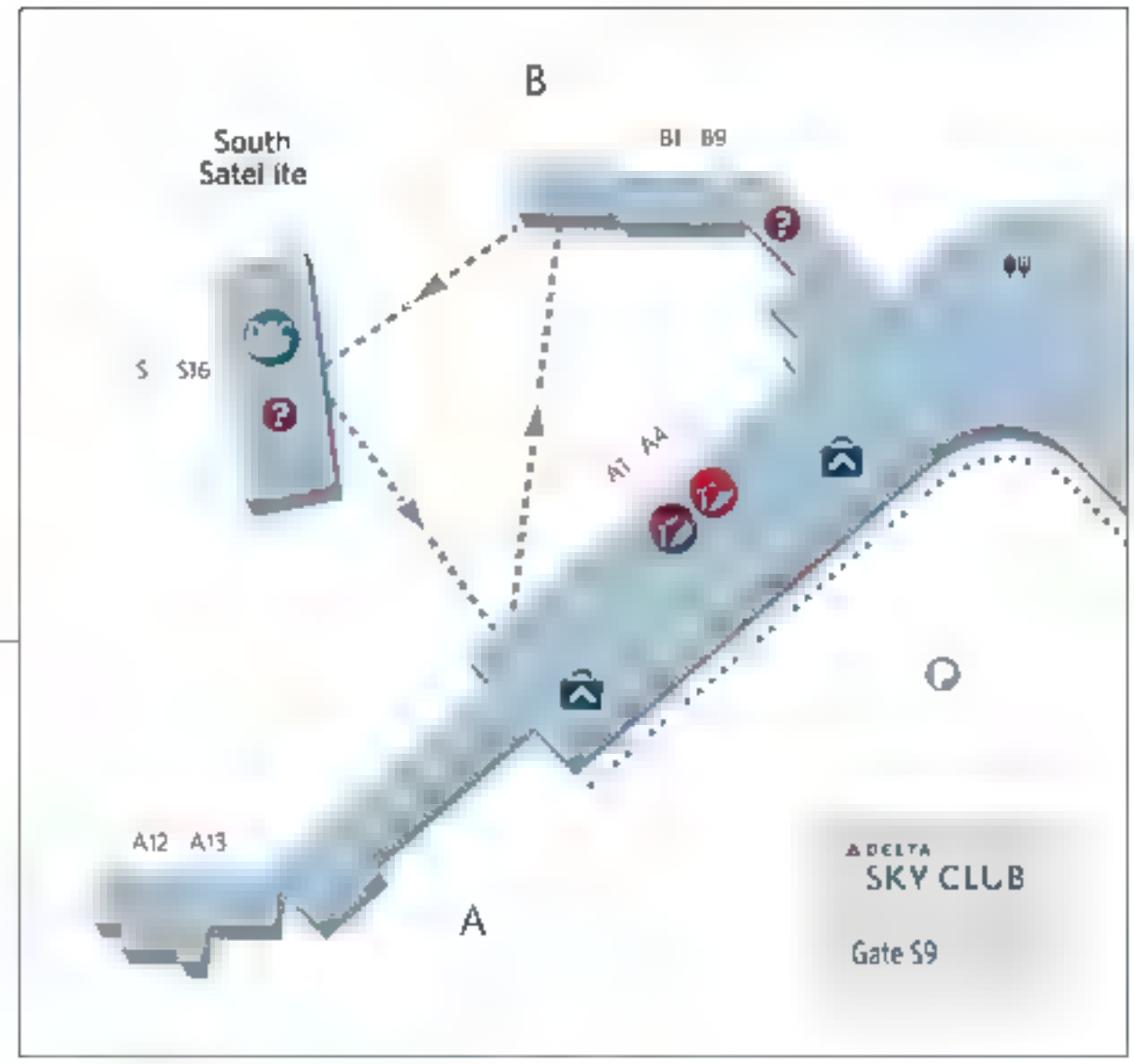
JFK
Miles to city center: 15 miles to Midtown
By taxi: 40 minutes-2 hours
By bus: 1-2 hours
By train: 1 hour

TERMINAL GUIDES

SEA SEATTLE-TACOMA International Airport

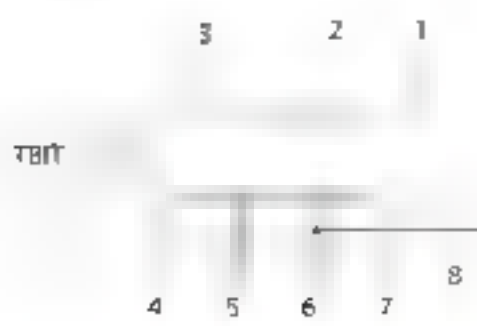
GATE A13 TO B9 = 11 MIN.

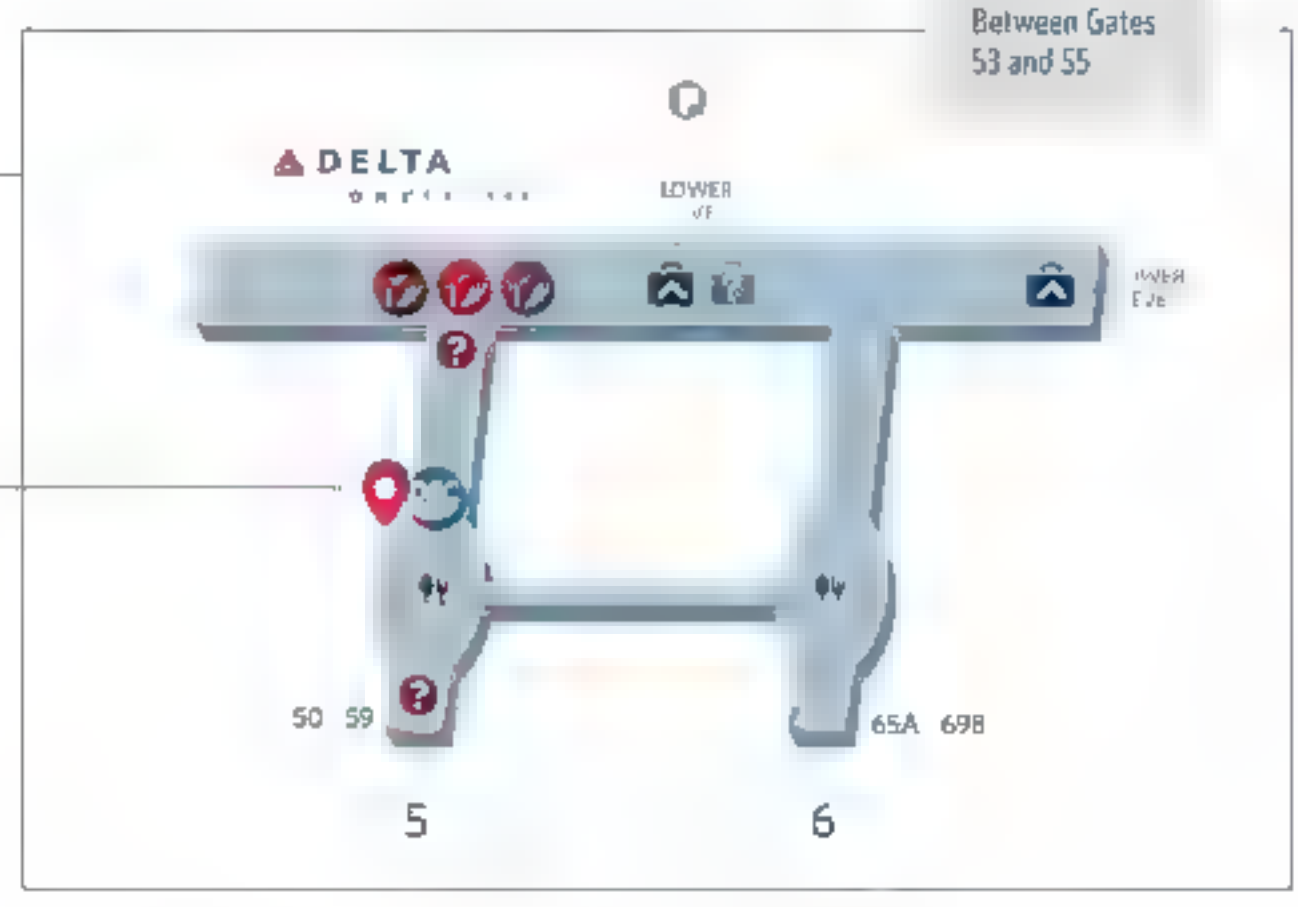




LAX LOS ANGELES International Airport

GATE S9 TO 68B = 20 MIN.

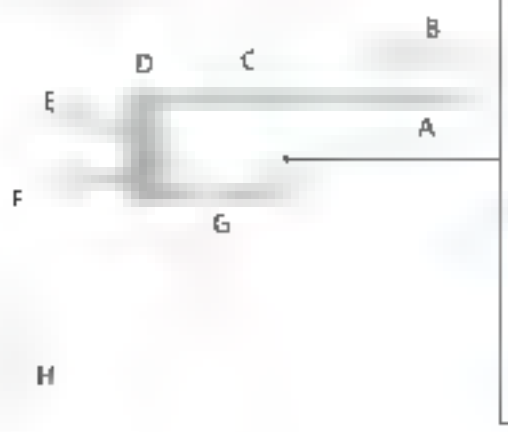


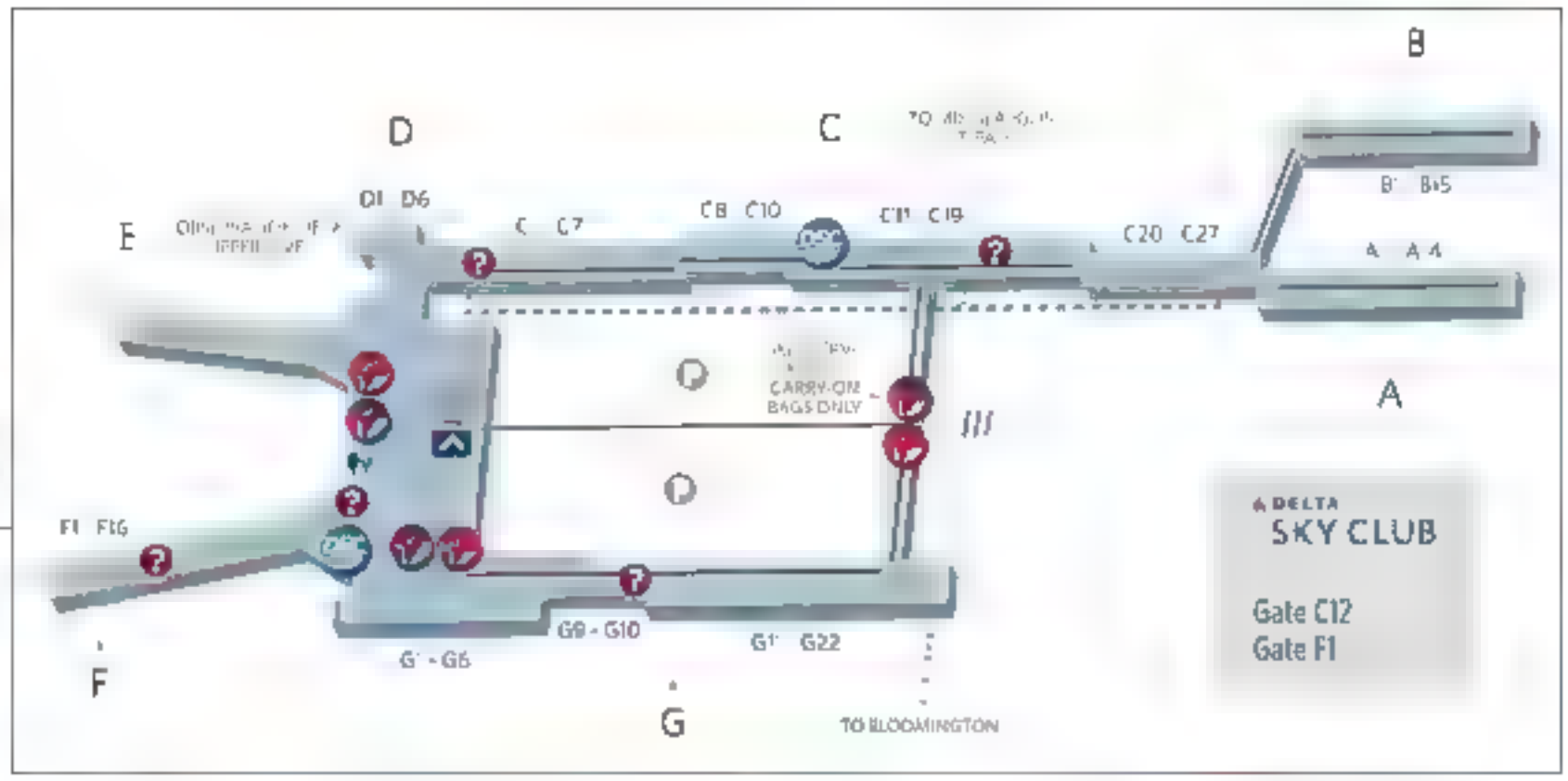


UPGRADES AT LAX
Terminal 5 is better than ever thanks to a $229 million overhaul, with upgrades including a Delta premium check-in and a separate lobby for Sky Priority members.

MINNEAPOLIS-ST. PAUL
International Airport

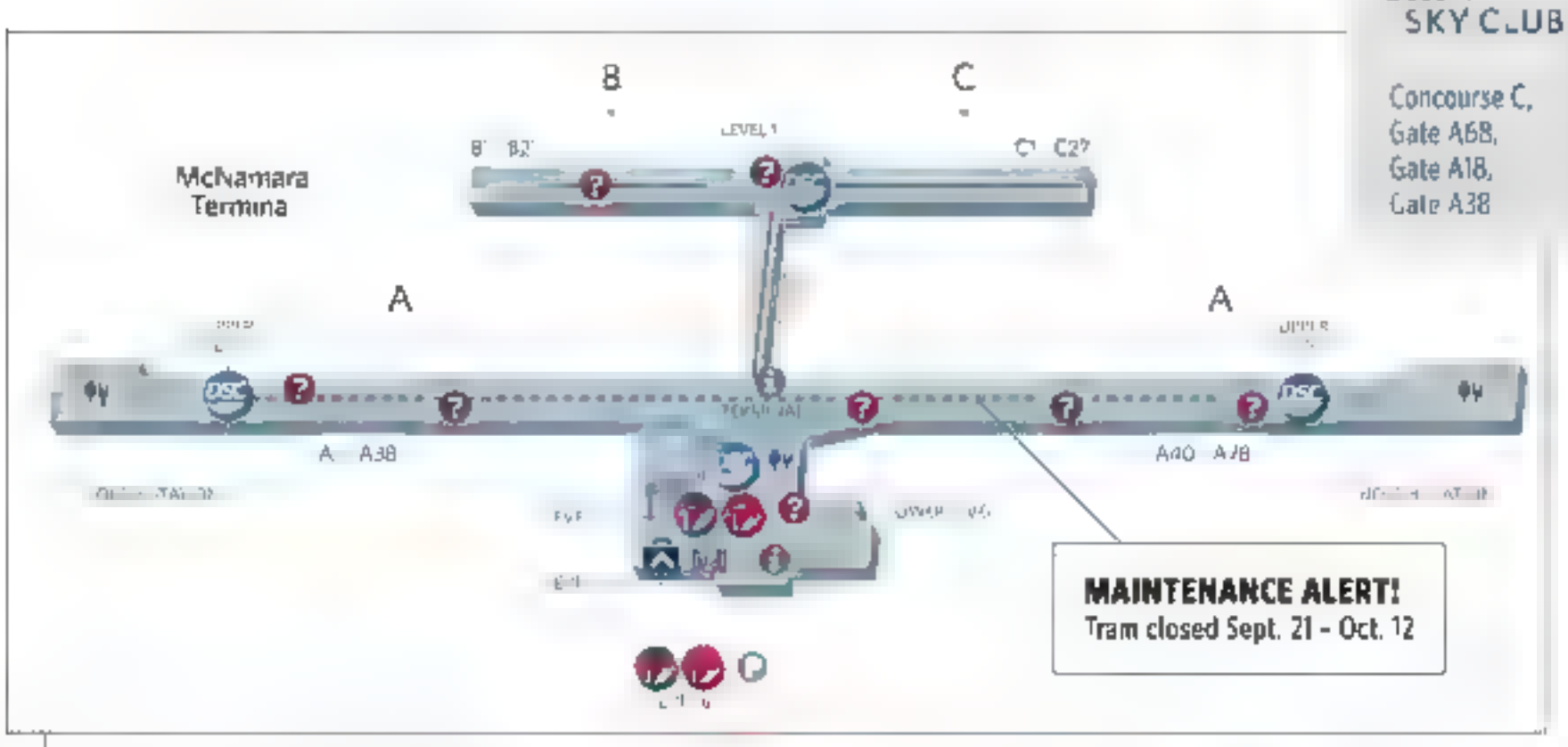
GATE A14 TO F16 = 22 MIN.

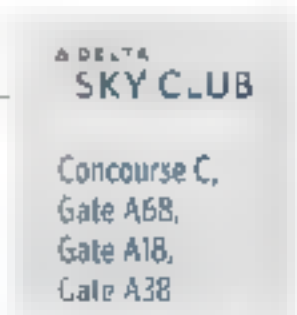


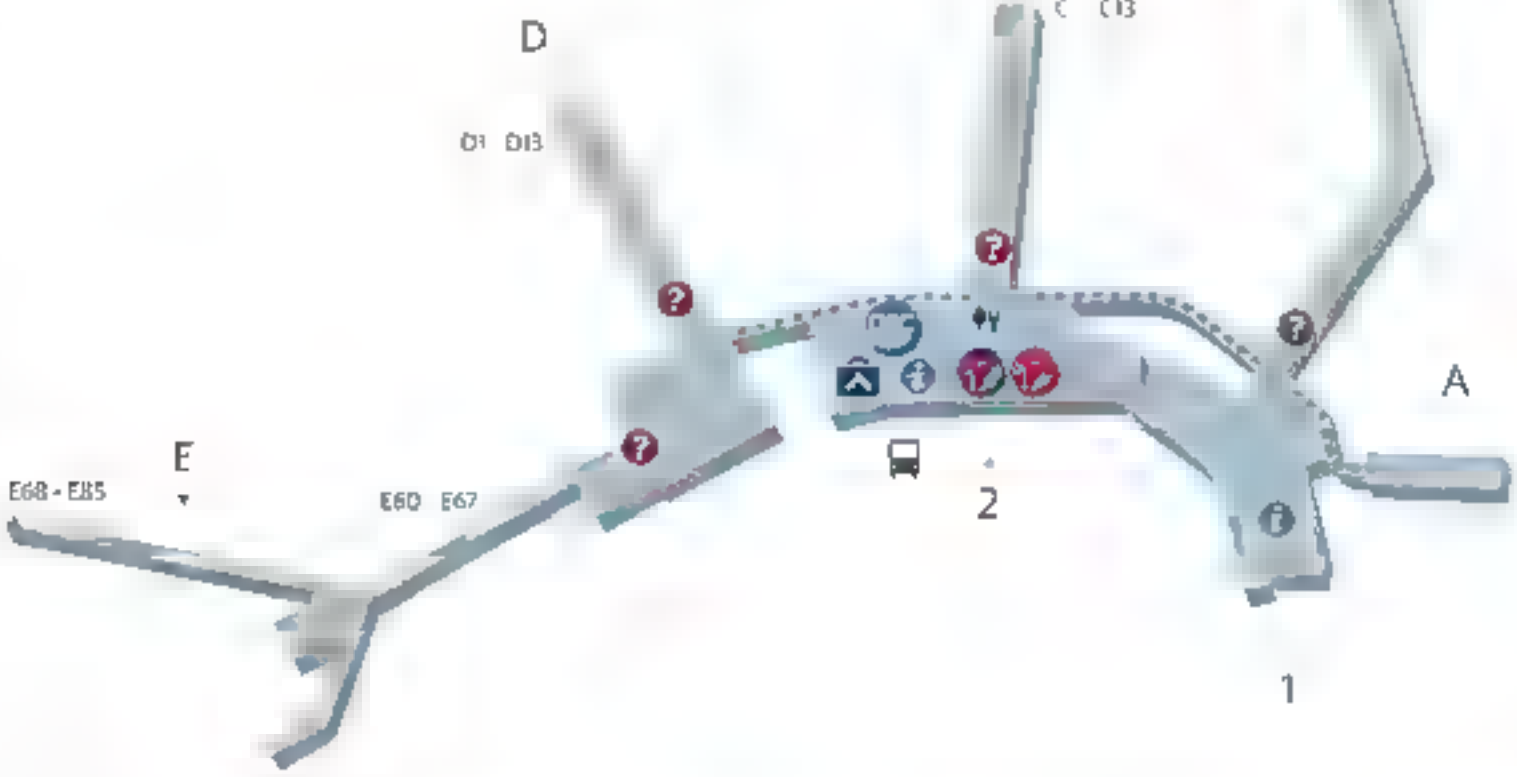


DETROIT
Metro Airport

GATE A1 TO A78 = 20 MIN.







SALT LAKE CITY
International Airport

GATE A8 TO E83 16 MIN.

GETTING THERE

SEA
Miles to city center: 13
By taxi: 30 minutes
By bus: 60 minutes
By train: 35 minutes

LAX
Miles to city center: 18
By taxi: 40-45 minutes
By bus: 65-80 minutes
By train: 60 minutes

MSP
Miles to Minneapolis: 10
By taxi: 20 minutes
By bus: 30 minutes
By train: 25 minutes

Miles to St. Paul: 9
By taxi: 16 minutes
By bus: 20 minutes
By train: no train

DTW
Miles to city center: 20
By taxi: 30 minutes
By bus: 90 minutes
By train: no train

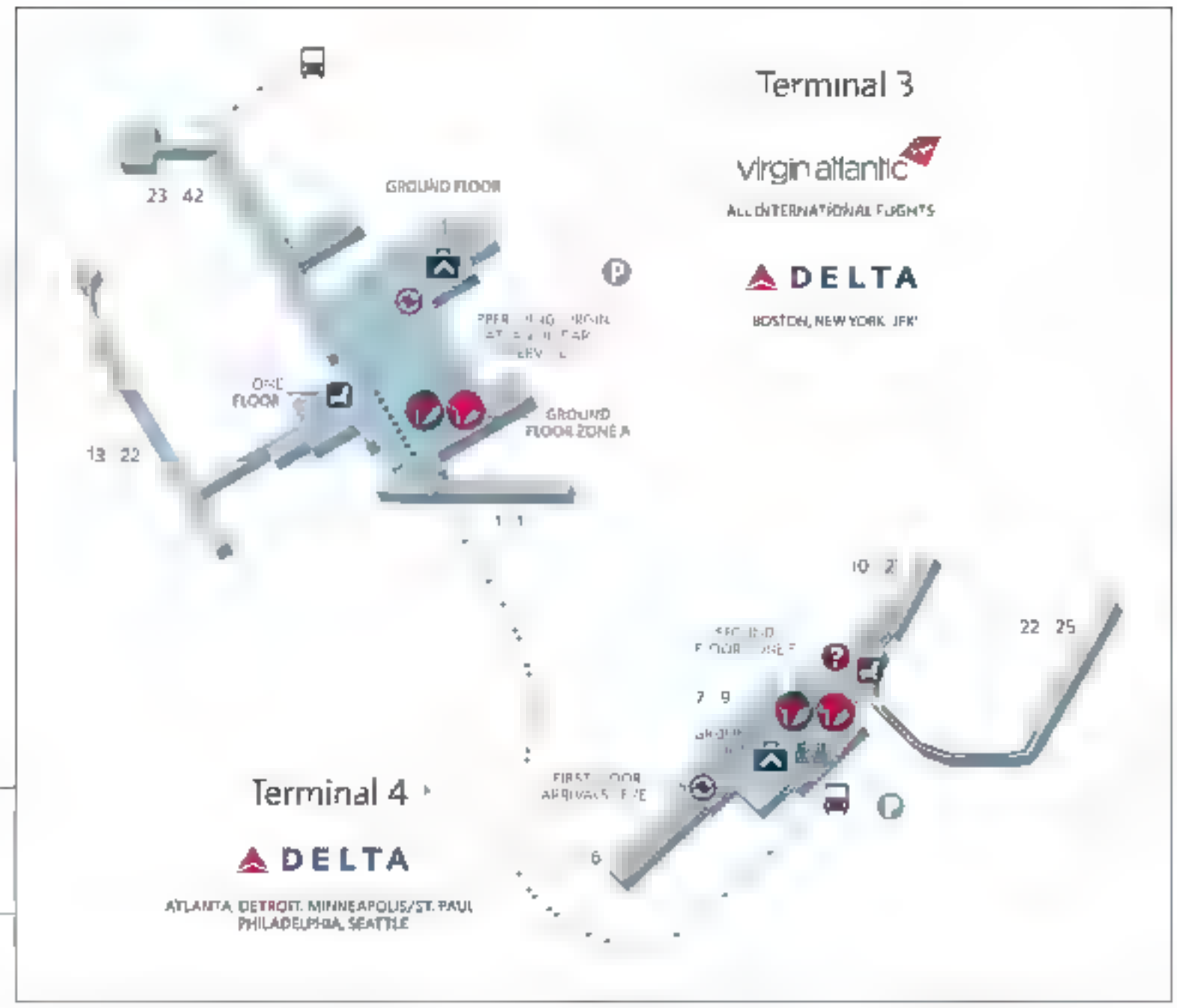
SLC
Miles to city center: 6
By taxi: 15 minutes
By bus: 25 minutes
By train: 20 minutes

TERMINAL GUIDES

LONDON HEATHROW
Airport

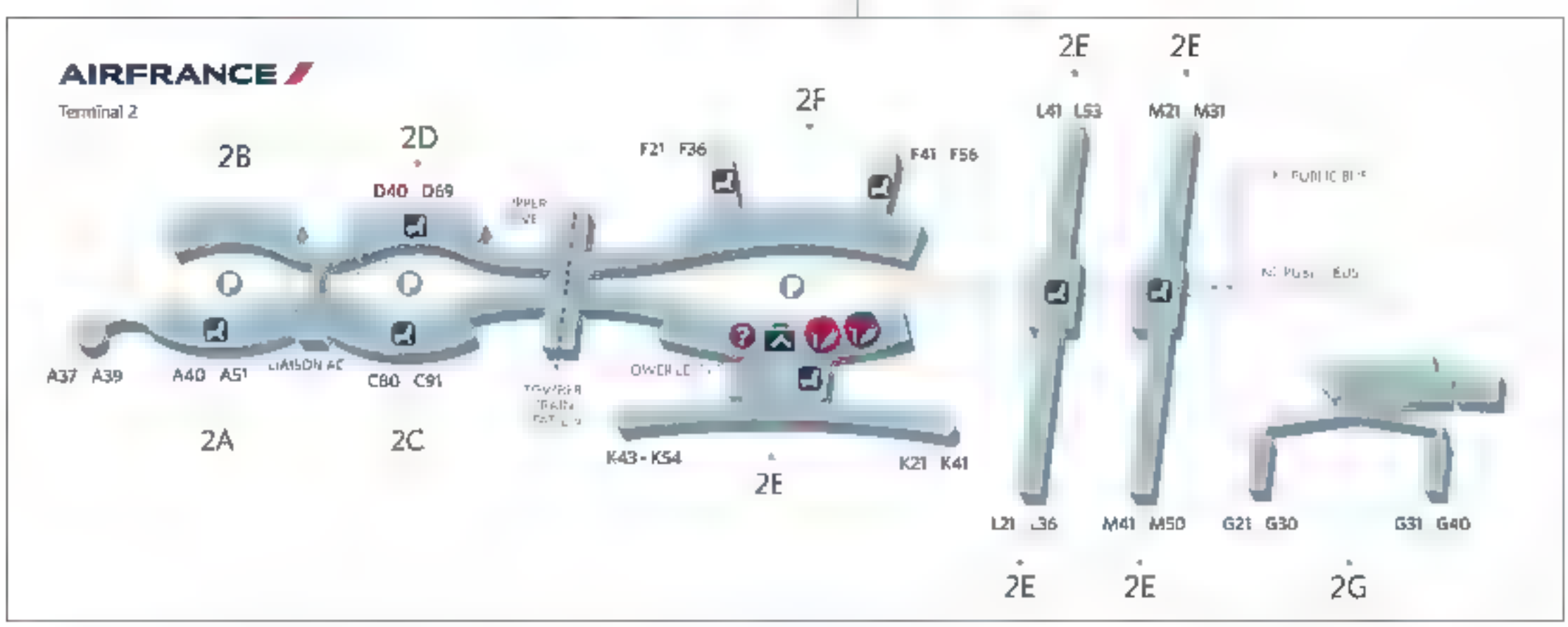
TERMINAL 3
GATE 1 TO 42 = 25 MIN.

TERMINAL 4
GATE 1 TO 25 = 20 MIN.



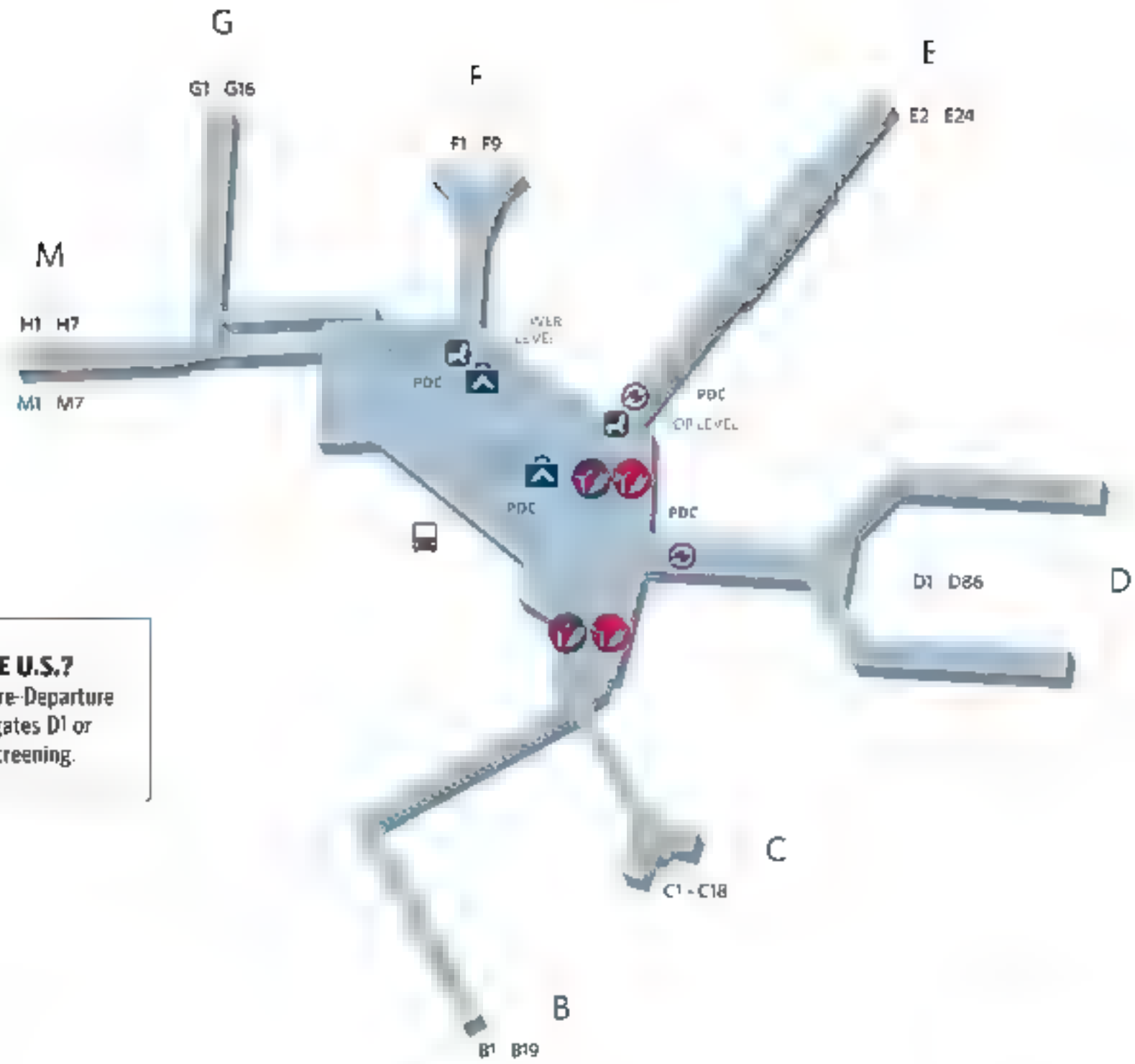
PARIS/ROISSY-CHARLES DE GAULLE
International Airport

GATE A37 TO G40 = 45 MIN.



AMSTERDAM/ SCHIPHOL
International Airport

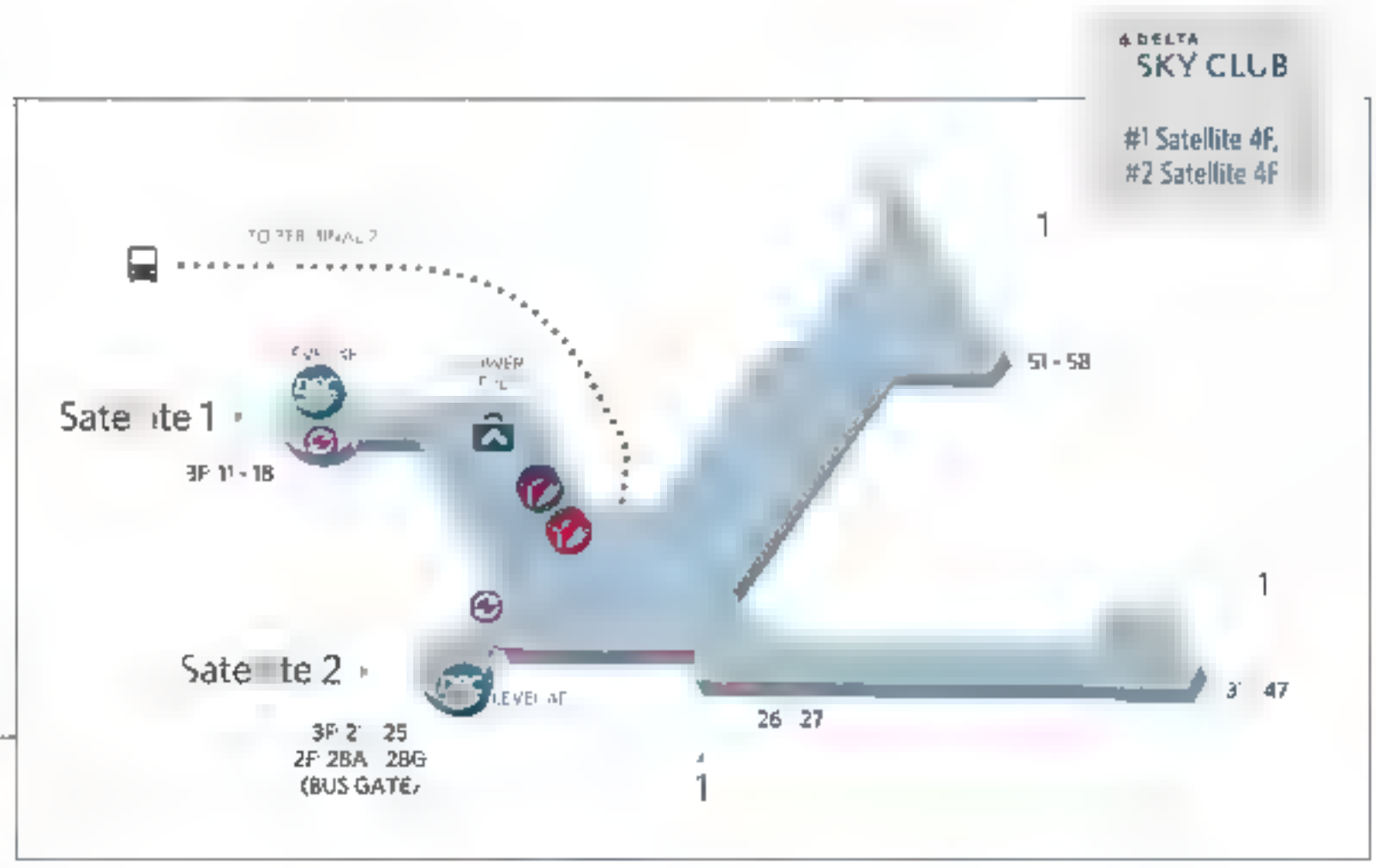
GATE M1 TO B19 = 37 MIN.



FLYING TO THE U.S.?
Please visit the Pre-Departure Center (PDC) at gates D1 or E4 for required screening.

TOKYO/NARITA
International Airport

GATE 11 TO 47 = 14 MIN.



GETTING THERE

LHR
Miles to city center 16
By taxi 45 minutes
By underground metro 50 minutes
By train 25 minutes

CDG
Miles to city center 19
By taxi 45-90 minutes
By bus, 1 hour
By train 45 minutes

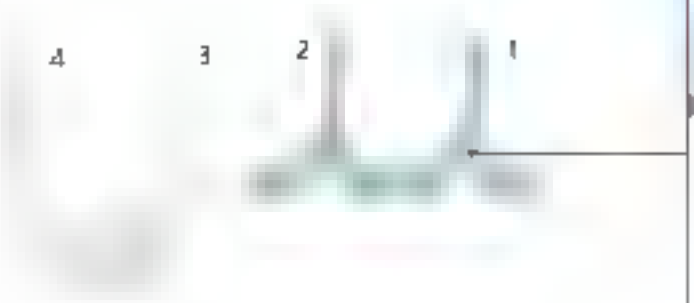
AMS
Miles to city center 9
By taxi 30 minutes
By bus 25-40 minutes
By train 15-20 minutes

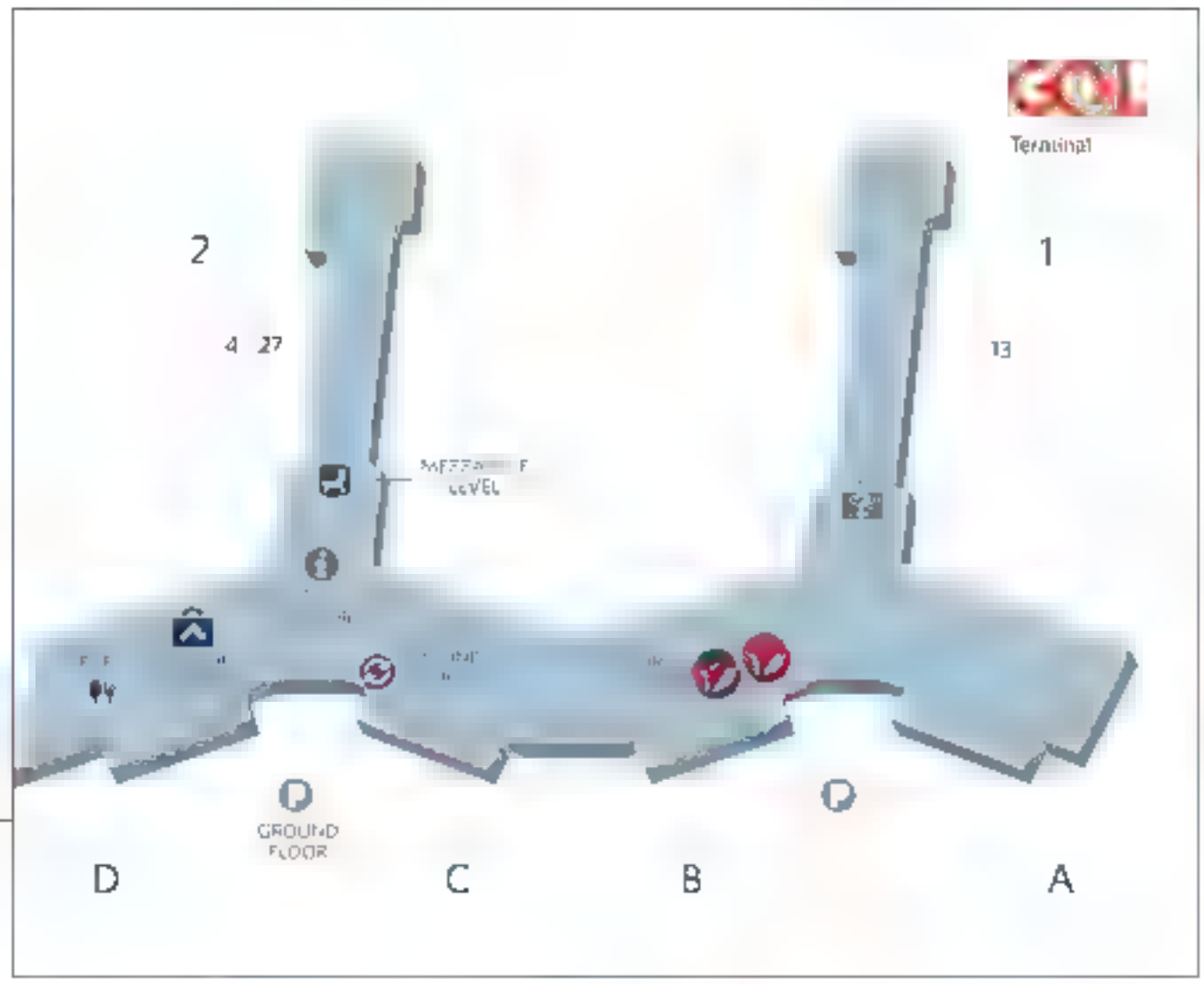
NRT
Miles to city center 45
By taxi 90 minutes
By bus 100 minutes
By train 60-90 minutes

TERMINAL GUIDES

SÃO PAULO-GUARULHOS
International Airport

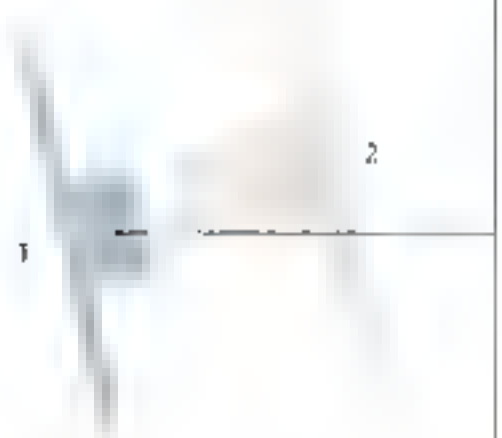
GATE 1 TO 26 = 30-40 MIN.

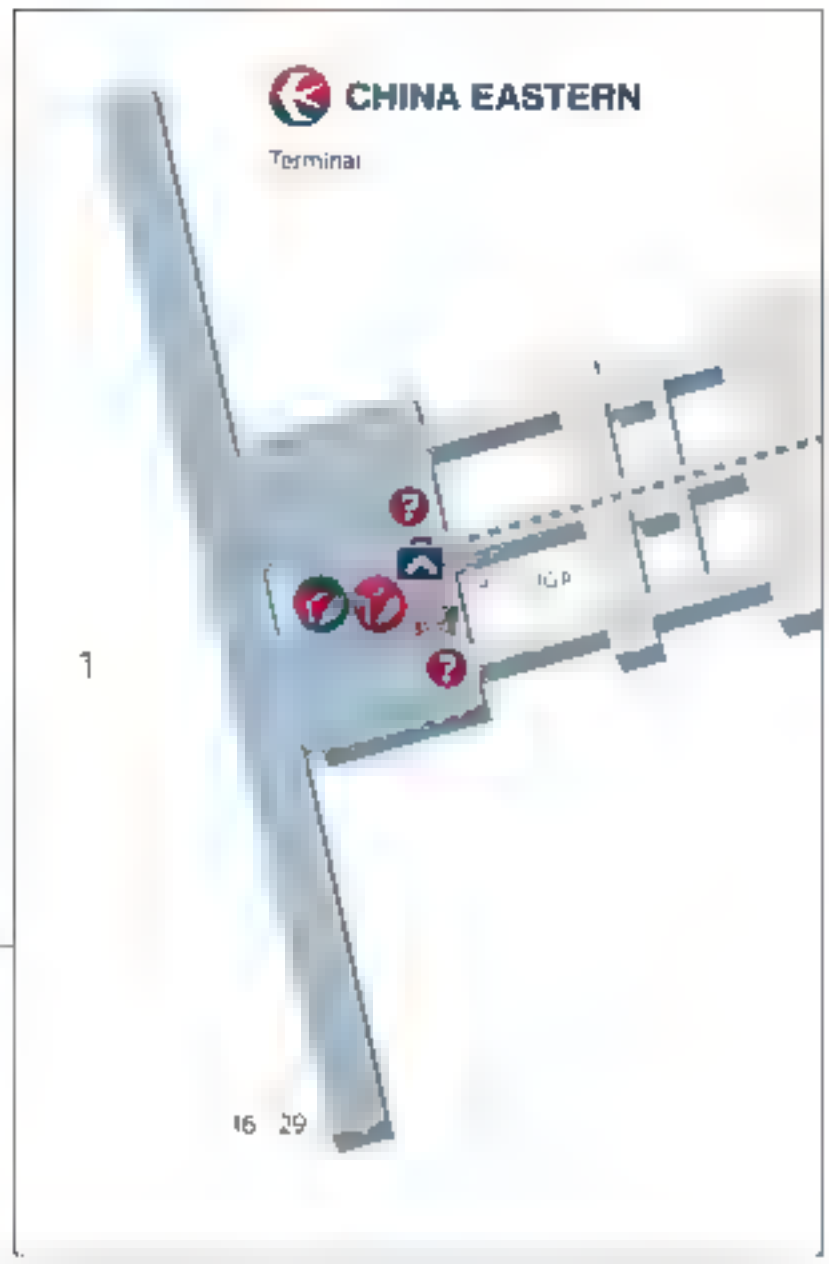




SHANGHAI PUDONG
International Airport

GATE 14 TO 29 = 10 MIN.





MEXICO CITY
International Airport

GATE 52 TO 62 = 5-10 MIN.

GETTING THERE

GRU
Miles to city center: 5
By taxi: 1-3 hours
By bus: 1-3 hours
By train: no train

PVG
Miles to city center: 25
By taxi: 40-60 minutes
By bus: 60 minutes
By train: 60-70 minutes

MEX
Miles to city center: 7
By taxi: 40-45 minutes
By bus: 60 minutes
By train: 50 minutes

DELTA ONE™ CHECK-IN

SKY PRIORITY™ CHECK-IN

MAIN CHECK-IN

BAGGAGE CLAIM

TRANSFER DESK

DELTA SKY CLUB®

PARTNER LOUNGE

FOOD COURT

AIRPORT SHUTTLE

PUBLIC TRANSIT

AIRPORT TRAM

MOVING WALKWAYS

PARKING

NEED HELP? CENTER

AIRPORT/CITY INFORMATION

BAGGAGE SERVICE OFFICE

NEW IMPROVEMENTS

APPROX WALKING TIME

PASSENGER INFORMATION

Automated Passport Control (APC)

Background:
Automated Passport Control (APC) kiosks are an efficient self-service technology that helps expedite international arrival processing for customers, including families traveling together. Passengers provide a scan of their passport(s); capture a photo; respond to customs declaration questions, confirm flight details, and claim a receipt for presentation to the CBP officers as a final step of their processing.

Delta Locations:
Hartsfield-Jackson Atlanta International Airport (ATL), New York/John F. Kennedy International Airport (JFK), Seattle-Tacoma Airport (SEA), Minneapolis-St. Paul International Airport (MSP), Detroit Metropolitan Wayne County Airport (DTW), Los Angeles International Airport (LAX). Additional locations: AMA, AUH, AUS, BOS, CLT, DEN, DFW, DUB, EWR, FLL, IAD, IAH, LAS, MCO, MDW, MIA, NAS, ORD, PDX, PHL, PHX, RNO, SAN, SFO, SLC, TPA, YEG, YUL, YVR, YYZ

Eligibility:
All U.S. Citizens, U.S. Lawful Permanent Residents, Canadian Citizens and International Visitors from Visa Waiver Program countries are eligible to use APC kiosks. Visa Waiver Program visitors must have Electronic System for Travel Authorization (ESTA) approval prior to travel and have visited the United States on at least one occasion after 2008. Visit **cbp.gov/travel/apc** for more information.

Mobile Passport Control (MPC)

Easy, Quick U.S. Entry for Arriving International Passengers

Background:
Mobile Passport Control (MPC) is another efficient self-service technology that enables passengers to submit their passport and customs declaration information via their smartphone or tablet rather than via Automated Passport Control (APC) or CBP Form 6059B. MPC offers a more efficient and secure in-person inspection between the U.S. Customs and Border Protection (CBP) officer and passenger upon arrival in the United States.

Delta Locations:
Hartsfield-Jackson Atlanta International Airport (ATL), Seattle-Tacoma Airport (SEA).

Eligibility:
All U.S. Citizens with a valid U.S. passport and Canadian Citizens with both a valid Canadian passport and B1 or B2 Visa status are eligible to use MPC. To download the MPC app, you must have an iOS or Android device that can connect to the internet. The MPC app is available on the App Store and Google Play. Visit **mobilepassport.us** or **cbp.gov/travel/us-citizens/mobile-passport-control** for more information.

Security Streamlined With TSA Pre✓®

Want to cut in line and not feel guilty about it?

TSA Pre✓ is an expedited screening initiative designed to help travelers enjoy a more convenient journey through the airport. If you're eligible and selected by the Transportation Security Administration (TSA), to participate you'll be directed to a dedicated screening lane where you may not need to remove your shoes, jacket or belt or your laptop from its bag.

The program is available at more than 130 airports nationwide. To find out whether an airport offers TSA Pre✓, visit tsa.gov for a full list.

Passengers are selected for TSA Pre✓ on a flight-by-flight basis by TSA. To ensure that you're eligible to be considered, you may:

- Enroll in the Customs and Border Protection (CBP) Trusted Traveler Program, such as Global Entry, NEXUS or SENTRI. Participants are likely to be selected for TSA Pre✓ on a consistent and predictable basis. Plus, these programs provide expedited passport control and customs screening upon arrival in the United States.
- Enroll in the TSA Pre✓ program, which provides participants the benefit of being selected on a consistent and predictable basis.
- Update/add your Secure Flight Passenger Data and, if applicable, your Department of Homeland Security assigned Known Traveler Number (KTN) or PASS ID to your SkyMiles® profile at delta.com/profile.
- If you participate in a CBP Trusted Program and are not a SkyMiles member, simply provide your KTN or PASS ID within each reservation at the time of booking.

If selected, your boarding pass will include a TSA Pre✓ indicator.

Participating in one of the CBP Trusted Traveler programs or the TSA Pre✓ application program offers the best chance to receive expedited screening. For more information about TSA Pre✓, visit **delta.com/tsaprecheck.**

Global Entry

Easy, Quick U.S. Entry for Arriving International Passengers

Save time entering the United States by using U.S. Customs and Border Protection's Global Entry program. This voluntary program allows preapproved, low-risk travelers to clear the entry process in minutes using automated kiosks.

Passengers participating in a reciprocal program with the following countries can also access the Global Entry kiosks: Germany, Mexico, the Netherlands, Panama, Peru, and South Korea. Canadian citizens and residents are eligible to access Global Entry kiosks through membership in the Nexus program.

For Global Entry information and to apply, go to **globalentry.gov.**

FOR PASSENGERS NOT ELIGIBLE FOR AUTOMATED PASSPORT CONTROL (APC)

CBP Form 6059B Customs Declaration
Before arriving in the United States, each traveler or head of family in possession of a visa or arriving under the visa waiver program for the first time is required to fill out a CBP Form 6059B Customs Declaration. Most of the questions can be answered with a "yes" or "no." The form must be signed and dated. Please print legibly using black or blue ink. Entries must be made in ENGLISH and in ALL CAPITAL LETTERS. The Customs Declaration Form will be distributed during the flight.

Upon Arrival
In addition to passport and document processing, all international visitors will have their fingerprints scanned by an inkless device and a digital photograph will be taken. This will add only seconds to the overall entry process.

Antes de llegar a los Estados Unidos, se le solicita a cada viajero o jefe de familia **que posea una visa o que llegue a través del programa de exención de visa por primera vez** completar el Formulario CBP 6059B Declaración de aduana. La mayoría de las preguntas pueden ser contestadas con "sí" o "no". Se debe firmar el formulario y colocar la fecha. Escriba de manera legible, con tinta negra o azul. Las entradas deben realizarse en INGLÉS y en LETRAS MAYUSCULAS. El Formulario de Declaración de aduana será distribuido durante el vuelo.

抵达美国前，[illegible]计划在[illegible]时持[illegible]签证或[illegible]都需要填写美国海关与边防局 6059B 海关申报表 (CBP Form 6059B Customs Declaration)。大部分问题都可以回答"是"或"否"。该海关申报表必须签署并注明日期。请使用黑色或蓝色水笔填写清楚。必须全部[illegible]英文大写字母填写。《海关申报表》(Customs Declaration Form) 将在飞行期间分发。

Antes de chegar nos Estados Unidos, todo viajante ou chefe de família **portando um visto ou chegando sob o programa de isenção de visto pela primeira vez** deve preencher o Formulário de Declaração da Alfândega CBP 6059B. A maioria das perguntas pode ser respondida com um "sim" ou "não". O formulário deve ser assinado e datado. Escreva de forma legível, usando caneta de tinta azul ou preta. As informações devem ser registradas em INGLÊS e em LETRAS MAIUSCULAS. O Formulário de Declaração da Alfândega deve ser distribuído durante o voo.

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GREAT FAMILY FUN. PROFESSIONALLY DESIGNED TRACKS. SPACIOUS LOBBIES. AUTHENTIC RACING MEMORABILIA. MEETING ROOMS. CORPORATE EVENTS. CATERED PARTIES.
AZ - PHOENIX, CA - CARLSBAD · IRVINE · ANAHEIM · TORRANCE
ONTARIO · SANTA CLARA · SAN FRANCISCO · SACRAMENTO · SAN DIEGO
CO - DENVER, FL - FT. LAUDERDALE · MIAMI · ORLANDO, GA - ATLANTA
HI - KAPOLEI, IL - BUFFALO GROVE · ADDISON, IN - INDIANAPOLIS
MA - BOSTON · KINGSTON, NY - ALBANY · POUGHKEEPSIE, TX - AUSTIN
HOUSTON · SAN ANTONIO · DALLAS, UT - SALT LAKE CITY, WA - SEATTLE
MEXICO - MEXICO CITY
K1SPEED.com

WHO'S GAME?

A FEW HAPPY DISTRACTIONS

BRAIN TEASERS

See if you can solve these problems before your flight lands

1

Assuming the statement "Only the good die young," is true, we can infer which of the following?

a) No good person lives to an old age.

b) Anyone who does not die young must not be good.

c) Only those who are not good do not die young.

d) All people who are not good do not die young.

e) Some people who are not good die young.

2

It takes Jim 4 hours to do a job. It takes Tom 2 hours to do the same job. How many jobs could they do together in 4 hours?

Answers 1 d 2 3

Kenken

Answers on page 40

EASIER

2÷	3	2÷	4+
	24×		
		3−	
12×			2

HARDER

5−		1−	3−	1−	
12×				5−	
11+		5−		3	1−
	1−		4	6+	
3÷	60×				5
		4	12×		

Sudoku

Answers on page 40

1	7	8		4				2
				8	2	4		7
		9			3			5
	3	1		2				
		7		1		2		
				9		7	3	
2			8			1		
7		5	9	3				
8				7		5	4	9

					8			9
	6			1	3	8	4	7
				4		6	3	
		5	8	9		7		
		6		3	5	4		
	7	8		5				
1	9	3	6	2			7	
2			3					

Rules for Kenken

1. Each row and each column must contain the numbers 1 through 4 (easier) or 1 through 6 (harder) without repeating
2. The numbers within the heavily outlined boxes, called cages, must combine using the given operation (in any order) to produce the target numbers in the top-left corners
3. Freebies. Fill in single-box cages with the number in the top-left corner

BEST BEER SPOTS IN NYC

- **Flatiron Hall**
  This beer hall has a Victorian-style 25ft bar from the Commodore Hotel in downtown Manhattan from 1870. Now it's a hot-spot for locals to meet up and get unique dishes and fresh brewed craft beer.
  38 W. 26th Street
- **HB Burger**
  Named one of the top 5 burger joints in NYC, HB Burger features over 10 different burger options and has a great array of craft beer with reasonable pricing for all to enjoy.
  127 W. 43rd Street
- **Houston Hall**
  Formerly a turn of the century garage, Houston Hall is the largest beer hall in NYC. This popular place has become the city's magnet for fun loving beer lovers to get top notch bar food and steins of beer that quench any thirst.
  222 W. Houston St.
- **Heartland Brewery**
  Heartland is New York's first american-style brewpub, serving up award-winning brews made in NYC.
  Multiple locations: Empire State, Midtown West, Times Square & Theatre District
- **Bernheim & Schwartz**
  Located in the Upper West Side, this beer hall & restaurant is a favorite for Columbia students and locals. Try the Saturday & Sunday brunch - shrimp and grits with a refreshing pale ale.
  2911 Broadway

Wyoming's Only Lakefront Development

2 Hours North of Denver

- Guaranteed Owner Financing
- Low 10% Down Payment
- Underground Power
- Plentiful Ground Water
- Protective Covenants
- Private Gated Entrance
- Over 300 Wild Horses Roam the Ranch

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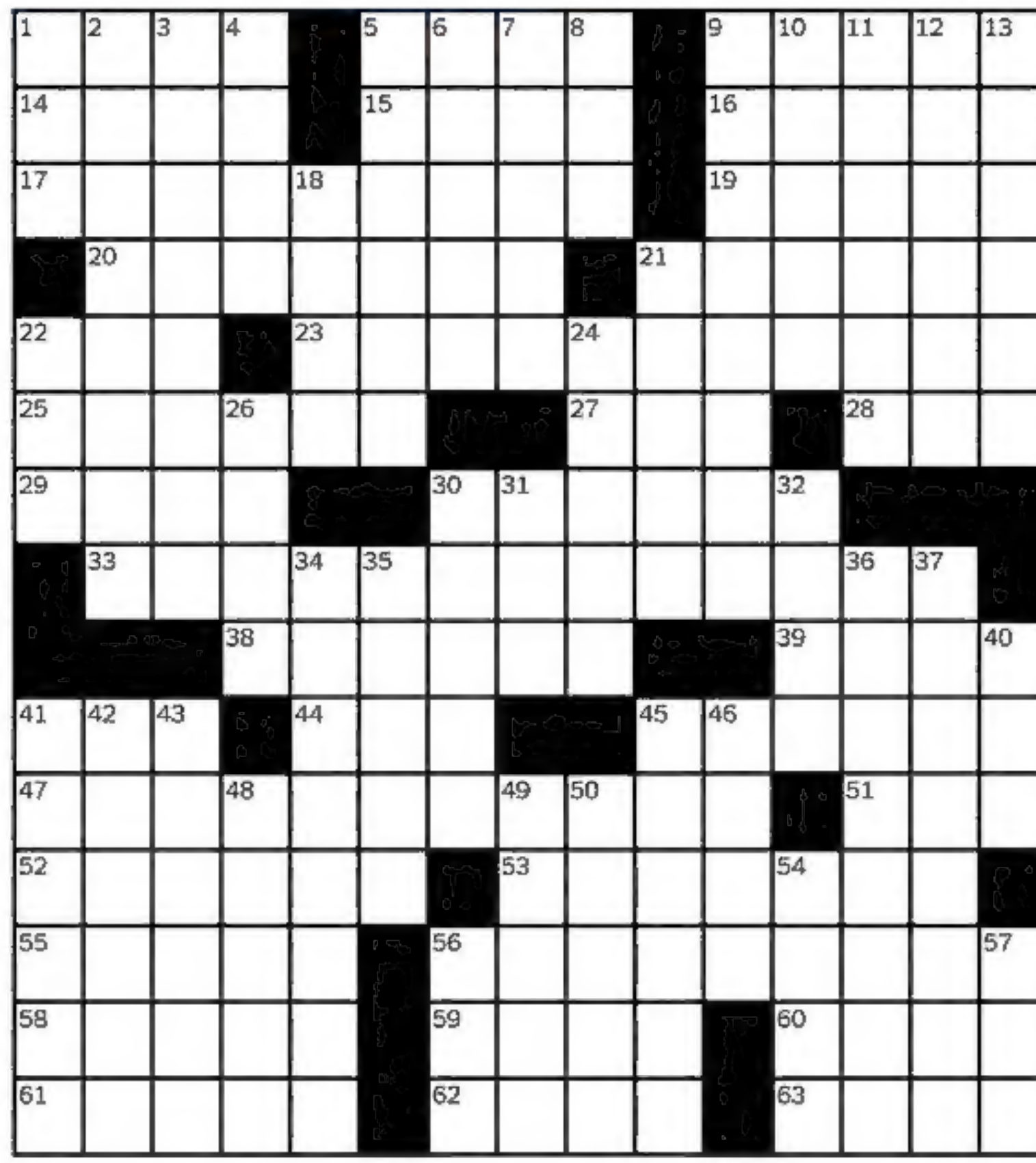
877-547-4313
MyWildHorseRanch.com

*Minimum 40 acre parcel. This offer is subject to availability. Brooks Realty & Advisory Group Steve Amick, Broker. Wyoming Department of Real Estate Property Reports are Available.

WHO'S GAME?

EDITED BY WILL SHORTZ

(Answers on page 40)



PUZZLE BY MARK UNGERWOOD AND U.S.A. CROSSWORD CLUB

Across

1 "Rock and Roll All Nite" band
5 Crime chief
9 Region known for its black tea
14 Quechua speaker
15 Pike, e.g.
16 Big bang material, informally
17 Luxury hotel overlooking Central Park
19 Some airport transports
20 Like some cheaper tuition
21 Weak
22 Not yet available at press time, for short
23 First chairman of the Joint Chiefs of Staff, 1949
25 Labor Day deliveries
27 ___ bran muffin
28 Exam-administering org.
29 Hubbub
30 Red stone
33 Constellation visible in Melbourne and Sydney
38 Any of three author sisters
39 "Fine by me"
41 ___ deviation: Abbr.
44 Swiss canton
45 To no purpose
47 Flier over Tiananmen Square
51 Bo Derek, in a 1979 film
52 Election do-over
53 Richard who won an Emmy, Grammy, Oscar, Tony and Pulitzer
55 Pennsylvania Dutch speakers
56 What 17-, 23-, 33- and 47-Across each have
58 Places to stand and deliver?
59 Bambi and others
60 Feature of a big cake
61 *I Hated, Hated, Hated This Movie* author
62 Tosses in
63 Mönch and Eiger, for two

Down

1 Baby fox
2 Puts the brakes on
3 Plot outline
4 Drains, as energy
5 Wipes the floor with
6 Vessel with many branches
7 Kitchen doohickey
8 Keats' "To Autumn," e.g.
9 *B.C.* animal that goes ZOT!
10 Fathered
11 35-Down quarters
12 Small sea projection
13 Shuffles (along)
18 Classic Langston Hughes poem
21 Swiss money
22 Common waiting area distractions
24 Shouldered
26 Chow
30 Robin Williams voiced one in *Aladdin*
31 ___ studio
32 Horn sound
34 "I agree"
35 Derby hopeful
36 Slippery slope?
37 Worker on commission
40 ¥ unit
41 Predicament
42 What a 5-Across is a boss in
43 What "/" means in math class
45 Sound control knobs
46 Popular sheepskin boots
48 Subordinate's refusal
49 Mentally pooped
50 Gave a glowing review, say
54 "At Last" singer James
56 "Protecting and promoting your health" org.
57 Many honorees at MLB's Old-Timers' Day

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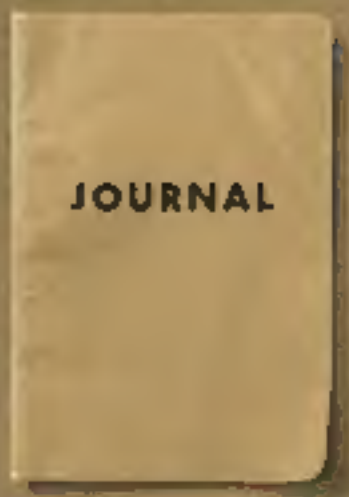

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